BEST FOR SPORT, SKY & STREAMING

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12-18 JULY 2025

TV & Satellite Week

NEW

SHARK!

Celebrity Infested Waters

A-list stars come face to face with the jaws of death

LIVE

THE OPEN GOLF
Can **Rory McIlroy** win on home turf?

NEW

BOOKISH
Mark Gatiss turns sleuth in post-war London

EXCLUSIVE

THE INSTITUTE
Enter **Stephen King**'s prison for genius kids

HotList This week's 28

Saturday 12

Ladies in Black
***DRAMA** U*

Set in 1960s Sydney, this Australian drama stars Jessica De Gouw and Miranda Otto as employees of Goodes department store during a time of great social change. *See feature, page 8*

Wimbledon
***TENNIS** BBC 1, BBC2 & iPlayer, from 11am*

It's the final weekend at Wimbledon, with action today including the ladies' singles final and the men's doubles final – won last year by Finnish player Harri Heliövaara and Brit Henry Patten.

Live Aid at 40: The Concert
***MUSIC** BBC2, 6pm & 9.25pm (times vary)*

On 13 July 1985, two concerts took place in London and Philadelphia for Live Aid. Singer Phil Collins appeared at both venues with the help of Concorde. Settle in for extended highlights, 40 years on.

1977: When Virginia Wade Won Wimbledon
***DOCUMENTARY** 5, 7pm*

As Queen Elizabeth II celebrated 25 years on the throne, Britain also celebrated a Wimbledon champion when Virginia Wade (above) triumphed on Centre Court.

Full listings start on **p35**

Sunday 13

The Institute
***SCI-FI** MGM+*

From the pen of Stephen King comes this sci-fi tale about a teenager with telekinetic powers. He is kidnapped by scientists who want to find out how he ticks. *See Your Watchlist, page 14*

Wimbledon
***TENNIS** BBC 1, BBC2 & iPlayer, from 11am*

Wimbledon fortnight draws to a close today with the men's singles final. Is it too much to hope for a Brit such as Jack Draper (above) to be featuring on Centre Court? Also today is the ladies' doubles final.

Women's Euro 2025
***FOOTBALL** ITV1 & S4C, kick-off 8pm*

England will be favourites to triumph over Wales in both teams' third and final group match, which takes place at St. Gallen, after which we will know if either will progress to the quarter-final stage.

24 Hours in Police Custody: Lost Boys
***DOCUMENTARY** C4, 9pm*

The inside story of the investigation into the disappearance of a 15-year-old boy, who police believe might have become involved with a gang dealing drugs.

Full listings start on **p45**

Monday 14

Michael Mosley: Secrets of the Superagers
***DOCUMENTARY** C4, 8pm*

In one of the last programmes he made before his death last year, Michael Mosley (above) investigates ways we can improve our brain health, including learning new skills.

Shark! Celebrity Infested Waters
***ENTERTAINMENT** ITV1, 9pm (box set, ITVX)*

As classic movie *Jaws* celebrates turning 50 this year, a group of ocean-phobic celebs travel to the Bahamas to face their fears head-on. *See feature, page 4*

Human
***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

Palaeoanthropologist Ella Al-Shamahi (above) tells the story of Homo sapiens, which spans 300,000 years, in this series. *See Documentaries, page 20*

The Couple Next Door
***DRAMA** C4, 9pm (box set, Channel 4 Streaming)*

The thriller returns with Sam Palladio and Annabel Scholey as a couple whose lives are disrupted by a neighbour (Aggy K Adams). Continues to Wed. *See feature, page 12*

Full listings start on **p55**

Tuesday 15

Trainwreck: Balloon Boy
***DOCUMENTARY** Netflix*

In 2009, two Colorado parents told authorities their son had floated away in a UFO-shaped balloon, earning a TV audience of millions. This film looks at what happened. *See Your Watchlist, p16*

Coastal Adventures
***DOCUMENTARY** 5, 8pm*

With the summer in full swing, presenters Jules Hudson (above), Helen Skelton and JB Gill swap life on the farm for a coastal breeze, exploring three parts of Britain's coast.

The Great British Sewing Bee
***REALITY** BBC1, 9pm*

Sara Pascoe returns as presenter, with judges Esme Young and Patrick Grant assessing 12 new sewers' skills over the next 10 weeks. *See feature, page 12*

Mix Tape
***DRAMA** BBC2, 9pm (box set, BBC iPlayer)*

Teresa Palmer and Jim Sturgess star as former sweethearts who rekindle their relationship by sending songs to each other from opposite sides of the world. Continues tomorrow. *See feature, page 11*

Full listings start on **p65**

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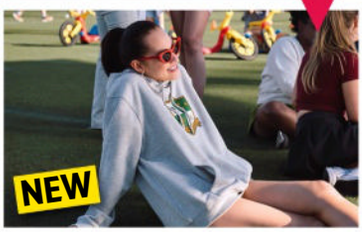
Wednesday 16



The Summer I Turned Pretty
***DRAMA** Prime Video*
It's the third and final season of the drama, so we're expecting a resolution to the coming-of-age story of Belly (Lola Tung, above) – and whether her happy ending will be with Jeremiah or Conrad.

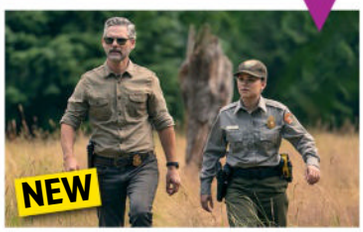
SOS: Extreme Rescues
***DOCUMENTARY** BBC2, 7pm (Wales, BBC 1 Wales) (box set, BBC iPlayer)*
As the series returns, the rescue services in Snowdonia search for a 80-year-old woman who's stranded on a cliff and come to the aid of a tourist with a broken leg.

Bookish
***DRAMA** U&Alibi, 8pm & 9.10pm (box set, Sky Box Sets, Virgin TV Box Sets & NOW)*
Mark Gatiss (above) writes and stars in this new series as bookshop owner Gabriel Book, who helps the police solve crimes in post-war London. *See feature, page 6*

Death of a Showjumper
***DOCUMENTARY** Sky Documentaries & Sky Showcase, 9pm & 10pm (box set, Sky Box Sets & NOW)*
The investigation into the death of young showjumper Katie Simpson (above), which led to a murder trial. *See Documentaries, p21*

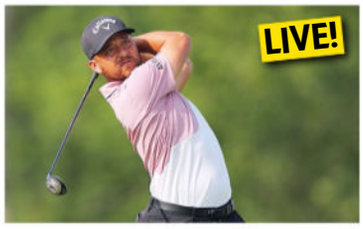
Full listings start on **p75**

Thursday 17



Untamed
***DRAMA** Netflix*
Eric Bana stars as a special agent in the National Park Service, who ventures into the wilderness of Yosemite to track down a murderer. Lily Santiago and Sam Neill co-star. *See Your Watchlist, page 16*

Star Trek: Strange New Worlds
***SCI-FI** Paramount+*
The spin-off returns for Season 3. Captain Pike (Anson Mount, above) and the *Enterprise* crew are recovering from their encounter with the Gorn. *See Your Watchlist, page 17*

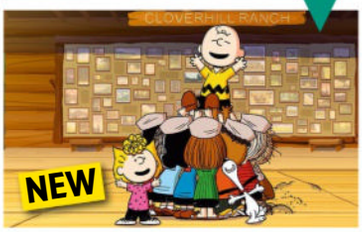


The Open Championship
***GOLF** Sky Sports Main Event & Sky Sports Golf, from 6.30am*
Coverage from the 153rd Open. Xander Schauffele (above) will be looking to defend his title at Royal Portrush. Continues tomorrow. *See Sport Week, page 28*

The Hotel Inspector
***DOCUMENTARY** 5, 8pm*
Alex Polizzi (above) is back to help more hotels on the brink of closure, starting in Dartmoor, Devon, where new hoteliers Terry and Nikki are desperate for help with their guest house and spa.

Full listings start on **p85**

Friday 18



Snoopy Presents: A Summer Musical
***ANIMATION** Apple TV+*
Join the *Peanuts* gang for a musical adventure (the first for 35 years) as they set off for summer camp and end up on an exciting treasure hunt.

Dexter: Resurrection
***DRAMA** Paramount+*
The series continues. Having learnt that Dexter (above) survived being shot by his son, this week Det Angel Batista must face the possibility that his friend might be a serial killer. *See feature, page 7*

Juror #2
***THRILLER** Sky Premiere, 11.20am & 8pm*
Nicholas Hoult has a very challenging role to play, as a juror in a high-profile trial struggling with a moral dilemma, in director Clint Eastwood's legal thriller. *See review, page 22*

First Night of the Proms
***MUSIC** BBC2, 6.45pm*
As the Proms begin, we're treated to Felix Mendelssohn's overture *The Hebrides* and Jean Sibelius' violin concerto, plus a world premiere from Master of the King's Music Errollyn Wallen.

Full listings start on **p95**

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NEW ENTERTAINMENT

Shark! Celebrity Infested Waters

Monday, 9pm, ITV1 (box set, ITVX)

As classic movie *Jaws* celebrates its 50th anniversary this year, the sight of a dorsal fin in the water is still enough to send a chill up anyone's spine. But does Steven Spielberg's seminal 1975 blockbuster give sharks an unfairly bad reputation?

In ITV1's new five-part series *Shark! Celebrity Infested Waters*, seven celebrities travel to the Bahamas for an intensive diving adventure with a group of world-renowned shark experts, to learn why shark conservation is so important and challenge their own fears and preconceptions as they head into the deep to face the creatures up close.

The stars donning their wetsuits to take part are presenters Ade Adepitan and Rachel Riley, comedians Sir Lenny Henry and Ross Noble, *Call the Midwife* star Helen George, *Amandaland*'s Lucy Punch, and McFly bassist Dougie Poynter. Will they come away with a new-found appreciation for one of the planet's most-feared predators?

Here, back on dry land, Henry, 66, Noble, 49, and Punch, 47, reveal how they got on…

What made you want to take part in this show?

Henry When the question was put to me, I didn't have that cartoon special effect where my eyeballs jumped out of my head. I actually considered it and thought, 'I'd love to do that.'

Punch It has an important message, and while traditional wildlife shows are preaching to the converted, the entertainment element of a show like this on ITV makes it family viewing and brings a whole new audience. Although I had multiple reservations, I said yes almost immediately – and it was everything it promised.

Can you tell us a bit about the location where you were filming?

Noble I can't speak for the others, but I've got a feeling that quite a few of us looked at it and just went, 'It's three weeks in the Bahamas!' – and then we read the rest of the information! Bimini [the westernmost district of the Bahamas] is incredible because it's a shark sanctuary, and the fact that sharks are protected there means there's a lot of them.

Did you have much previous experience of scuba diving?

Punch Only once before, on a family holiday a long time ago, after signing my life away with a 20-minute crash course in a swimming pool. This was very different: much more serious, and we were properly prepared with lots of tests, practical experience and training. I panicked before the first proper dive, but Rachel Riley reassured me that fear and excitement share the same physiological reaction. I reminded myself of that regularly for the

WORDS: STEVEN PERKINS. PHOTOS: ITV

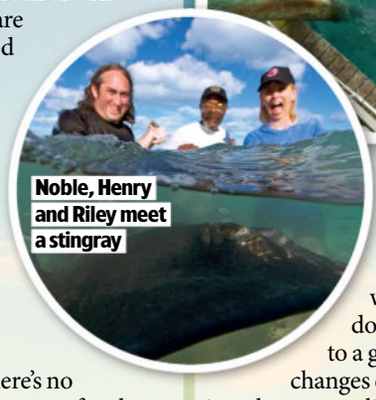
Shark
Ross Noble, Sir Lenny Henry and Lucy Punch get up close and personal with the apex predators in a thrilling new series

rest of the trip: 'I'm not terrified, I'm thrilled!'

Were you scared when it came to actually getting into the water with the sharks?

Noble It's like seeing a dinosaur right in front of you, and then as they swim towards you, you can look into their mouths and see right down inside them. For me, I was hypnotised – it was such an incredible experience that, weirdly, being scared was the last emotion that I was feeling.

Henry The premise of the show is that, yes, we are going to experience sharks in their own environment, but we are also going to disprove the notion that they are anti-human creatures that react in a threatening and malignant way. We want to show that we can interact with sharks and learn from them. They are valuable to the food chain on the reef – they eat the creatures that are damaging to it.



Noble, Henry and Riley meet a stingray

How did this experience change your perspective on sharks?

Noble In nature documentaries, there's no sense of scale for the sharks, so you've got no way of knowing how big they really are. But when you're down there next to a giant shark, that changes everything and it makes you realise just how massive they are.

The region is home to a shark sanctuary

Why should people tune in?

Noble Imagine David Attenborough has an idiot mate who has jumped in with the animals. Basically, if you love a beautiful nature documentary but also like seeing how big things are measured against Dougie from McFly, you'll love it – and you'll also see me get nibbled by a shark!

squad

Ade Adepitan, Ross Noble, Helen George, Sir Lenny Henry, Lucy Punch, Dougie Poynter and Rachel Riley take the plunge

Reading the room

A bookseller solves crimes in post-war London in a new detective drama from **Mark Gatiss**

NEW DRAMA

Bookish

Wed, 8pm & 9.10pm, U&Alibi (box set, Sky Box Sets, Virgin TV Box Sets & NOW)

WORDS: STEVEN PERKINS, ELAINE PENN. PHOTOS: PARAMOUNT+, U&ALIBI, SHOWTIME

As *TV&Satellite Week* join the cast and crew of U&Alibi's new detective drama *Bookish* on set in London, creator Mark Gatiss tells us excitedly that his latest project has been brewing in his mind for quite some time.

'I've always wanted to play a detective, and I first had this idea about eight years ago on a plane,' says the 58-year-old. 'It arrived sort of fully formed: a bookshop owner called Book who is gay and in a lavender marriage.'

Gatiss stars in the six-part series as Gabriel Book, who uses the wealth of knowledge he's accumulated from a lifetime of bibliophilia to assist the police in solving complex cases in 1940s London. As homosexuality was still illegal in the UK at this time, Book is married to his childhood best friend Trottie (Polly Walker), who runs the wallpaper shop next door.

'They have an unconventional marriage, but they're very close,' *Bridgerton* star Walker, 59, tells us. 'It's a very supportive, loving relationship – it was very unsafe to be gay then, so she gives Book the mask of respectability, I suppose, and she also helps him solve crimes. Trottie is very practical and low-maintenance – she has her own love life and boyfriends, and he has his.'

Inspector Bliss, Trottie, Nora, Book and Jack examine some evidence

The post-war setting of the series portrays London as a city in flux; the repercussions of the Blitz are still being keenly felt, and its citizens haven't fully adjusted to living in peacetime.

'This is my favourite period – post-war London is not done often,' says Gatiss. 'The whole world's been turned upside down, and nobody knows their place any more.

'There was a massive gun-crime epidemic in London after the war, because so many soldiers came home with weapons they'd looted from dead Germans. Women had experienced incredible liberation and they were now being told to essentially get back behind the sink, but they didn't want to – it's a really interesting time.'

GRAVE DEVELOPMENTS

The series begins with a two-part story, airing as a double bill on Wednesday, and guest-starring Rosie Cavaliero and Daniel Mays, in which Book investigates two apparently unconnected cases: the discovery of a mass grave at a nearby bomb site, and the death by poisoning of local chemist Mr Harkup.

'Every detective has their thing, and Book can basically draw on all the world's books, fiction or non-fiction, whether in his head or physically,' says Gatiss. 'He'll say, "Oh, this is like the plot of *The Winter's Tale*," or, "This happened in ancient Greece."'

The opening episode also sees the arrival of Book's new assistant, Jack, played by *Everything I Know about Love*'s Connor Finch. Jack has just been released from prison, and the bookshop serves as an unconventional reintroduction to the outside world.

'Trottie and Book both have to be

‘The world’s been turned upside down, and nobody knows their place any more’

MARK GATISS

Mark Gatiss as Gabriel Book

careful around Jack, and trust him, and that’s sensible,’ says Walker. ‘But Trottie is a maternal character, and they have both created this alternate family of waifs, strays and weirdos. So she sees a lot of potential in Jack, but it’s very early days.’

Gatiss is hopeful that Book will earn a place in the pantheon of TV sleuths – and he admits that the role is rubbing off on him already.

‘In a strange way, I’m transplanting some things on to Book that I wish I did,’ he says. ‘Book is constantly reading, and I used to do it a lot more, but you know what modern life is like. I’m making a conscious effort to stop scrolling and read. A book will take you somewhere else, and I think that’s magic.’

WHO’S WHO IN *BOOKISH*

Gabriel Book
Mark Gatiss

The bookseller carries a letter from Winston Churchill that grants him access to places others cannot go.

Trottie Book
Polly Walker

Book’s elegant, kind-hearted wife shares his insatiable curiosity about life, and his readiness to embrace new adventures.

Jack Blunt
Connor Finch

New assistant Jack finds both Book and the shop itself rather confusing, but he develops a penchant for investigation.

Nora Yazici
Buket Kömür

Nora lives and works in her uncle’s Turkish restaurant, but she’s fascinated by Book and aspires to become a crime author.

Inspector Bliss
Elliot Levey

An unflappable detective with an onerous caseload who has a long history with Book and welcomes his assistance.

Sergeant Morris
Blake Harrison

Surly and pedantic, he’s hugely irked by Book’s persistent presence at his workplace and yearns to be rid of him.

David Zayas as Angel Batista

Friend or foe?

Detective Batista has Dexter **in his sights**...

DRAMA

Dexter: Resurrection

Paramount+, from Friday 18 July

Ever since suspicions were raised about Dexter Morgan being the real Bay Harbor Butcher, detective Angel Batista (David Zayas) has faced the very real possibility that his friend might be a serial killer.

As *Dexter: Resurrection* continues this week, Angel needs answers to some difficult questions, having learnt that the forensics expert survived being shot by his son Harrison. And when he discovers that Dexter (Michael C Hall) is in New York, that’s where he sets his sights...

‘Angel has information that’s new to him,’ reveals Zayas, whose character is the captain of Miami Metro’s homicide department. ‘It’s a little more than suspicion. He’s got evidence. Because Dexter was his friend and he trusted him, maybe he didn’t really dig in before.

‘Now he’s a different person and someone who’s not as trusting as he once was. He’s got to figure out how he’s going to handle it.’

Long-time fans of the US show will be thrilled by some surprises and Easter eggs as the series continues, and Zayas, who is married to *The Bear*’s Liza Colón-Zayas, says it was a joy to reprise the role he’s played since 2006.

HAT’S A WRAP!

But having thought the franchise was over after the eighth series of *Dexter*, did the 62-year-old – who spent almost 15 years as a cop with the NYPD before becoming an actor – take any souvenirs from the set?

‘I took a few hats, but that’s it,’ he laughs. ‘When I put the hat on, I’m like, “Oh, Angel is back,” and it makes it that much more grounded and comfortable.’

Zayas says he doesn’t usually watch himself on-screen, but he was intrigued to watch James Martinez portray a younger version of his character in prequel *Dexter: Original Sin*.

‘Watching the character played by another actor earlier in life, I was totally tuned in,’ he says. ‘I even stole some things from him. Just characteristics and questioning whether I behave in a certain way. It just put everything into perspective.’

James Remar and Michael C Hall as father and son Harry and Dexter Morgan

Lisa Miles
Clare Hughes
The university student plans to become a journalist until family tragedy, financial insecurity and a naive knack for courting trouble derail her plans.

Virginia Ambrose
Miranda Otto
Formerly of Harrods, the buttoned-up advocate of traditional service values is at odds with modernity in general – and Magda specifically.

Magda Szombathelyi
Debi Mazar
She's preparing to leave Goodes when her husband Stefan makes a risky business investment, forcing her to return to work in a lower position.

A 1960s department-store drama that's stocked with **glamour and gossip**

Material

NEW DRAMA

Ladies in Black

From Saturday 12 July, U

Fans of fashion, frocks and the Swinging Sixties are in for a treat as colourful Australian drama *Ladies in Black* makes a stylish entrance in box-set format on streaming service U.

Picking up six months after 2018 film *Ladies in Black*, the six-parter is set in 1961 and centres on five womenswear employees at Sydney's prestigious Goodes department store as they're plunged into uncharted waters in their personal and working lives.

In the first episode, fashion-forward Model Gowns manager Magda (Debi Mazar) is preparing to leave Goodes and open an avant-garde fashion boutique, while buttoned-up newcomer Mrs Ambrose (Miranda Otto) is poised to take over the coveted senior position.

Newly-wed assistant Fay (Jessica De Gouw) is madly in love with husband Rudi (Thom Green), while university student Lisa (Clare Hughes) has her sights set on a career in journalism, and secretive Angela (Azizi Donnelly) raises eyebrows with her constant visits to browse the high-end emporium.

Fay (Jessica De Gouw) and husband Rudi (Thom Green)

RUINED PLANS

Fortunes change, however, after Magda's husband Stefan (Russell Dykstra) loans her start-up funds to Rudi, forcing the fashionista to return in a lower position to Goodes, where a power struggle kicks off with Mrs Ambrose. Meanwhile, Fay has doubts about trying for a baby as Rudi owes so much money to their friends, Lisa's family is hit by tragedy, and Angela wangles her way into working at the store while covering up an ulterior motive.

'I'd read the original book and seen the film, and this is quite a different version – it's punchy, fresh and a little bit spicy,' says De Gouw.

Although set in Sydney, filming took place at multiple locations in Adelaide, while the interior of Goodes was a custom-made 360-degree set brimming with period detail.

'The set gives a feeling of the activity and sense of community in Goodes. We could walk right through the main set on to ladies' cocktail [dresses], through the shoe department and then into ladies' gowns – I did a lot of laps!' smiles De Gouw. 'The clothes are great, too. In early episodes, Fay wears a dowdy, shapeless uniform, but she finds some

WORDS: ALISON SLADE. ELAINE REILLY. PHOTOS: BBC, ITV, U

Fay Janosi
Jessica De Gouw
The newly-wed reconsiders starting a family after her Hungarian husband racks up huge debts to launch his business.

Angela Mansour
Azizi Donnelly
Angela's father makes a living by copying Goodes' designs, so he's pleased when she cons her way into working in the womenswear department.

NEW FROM U

girls

Angela (Azizi Donnelly) and Lisa (Clare Hughes)

spice with strong, structured forms as she evolves.'

HAUNTED BY THE PAST

Behind the glamour and shop gossip, viewers will also learn how Mrs Ambrose is hiding a secret, while Magda's husband drops a bombshell, Lisa's dreams collide with cold-hard sexism and Fay's past comes back to haunt her…

'Fay's performing in the role of housewife but you discover that she's come from a life as a showgirl,' reveals De Gouw. 'She's also working up the courage to go on the pill because she's not ready to have a baby yet.'

Against the backdrop of wealthy clientele, warring staff and a catalogue of secrets and lies, the series' themes cover sexuality, inequality, infidelity, racism and misogyny.

'There's something about this women-centred narrative set in a department store at a time of radical change that feels secret and exciting,' says De Gouw. 'It's like *Mad Men*, but with women!'

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Karen Henthorn reprises her role of Julie

EASTENDERS

Nigel's wife Julie returns to Walford

» **When Nigel returned** to Walford last Christmas, it transpired that he'd been diagnosed with dementia and had left his wife Julie to 'spare' her the ordeal of his decline.

Discovering the reason for the couple's estrangement, Jay decides to track Julie down online. Learning that she is searching for Nigel, he calls her and it's not long before she arrives in the Square.

Unaware of Nigel's diagnosis, Julie wants answers about her husband's disappearance. Jay fills her in, and when Julie then sees Nigel with Phil, she instinctively rushes over. But Nigel no longer recognises her and becomes overwhelmed; getting further upset when Phil and Julie start arguing.

Julie approaches Phil and Nigel

Phil shows Julie a video that Nigel made for her, in the hope that she will understand his decision to leave. But now that the former teacher has been reunited with her man, she doesn't want to lose him again, and she tells Phil she is taking Nigel back to Scotland with her. Phil's not happy. But does he have a say in the matter?

» **PLUS** Oscar Branning is back and causes mayhem, Ian sets his sights on buying The Vic, Stacey has an unexpected windfall, George is concerned when Harry moves in with Kojo, and Callum and Johnny continue their relationship.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Mick (right) breaks out of jail, Kit's attacked and left fighting for his life, Tyrone urges Kevin to tell Abi he's cancer-free, Debbie loses out on buying No 6, Dev returns home, and Aadi is robbed at the shop... but is all as it seems?

EMMERDALE

» Charity offers to be Sarah's surrogate (above), guilty John struggles at Nate's funeral, Paddy's crippled by his fear of dogs, Lewis launches a new menu at the cafe, Nate's mum Cara returns, and Bear's whereabouts are revealed.

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Teresa Palmer and Jim Sturgess

Teresa Palmer and Jim Sturgess star in a nostalgic tale of love lost and found again...

Romantic interval

NEW DRAMA

Mix Tape

Tuesday & Wednesday, 9pm, BBC2 (box set, BBC iPlayer)

Two one-time sweethearts reconnect decades later while living on the opposite sides of the world in BBC2's poignant new drama *Mix Tape*.

Based on the novel of the same name by Jane Sanderson, the four-part series is set in two timelines and boasts an iconic 1980s soundtrack. It begins in 1989 with a young Alison and Daniel (Florence Hunt and Rory Walton-Smith) bonding over music as teenagers in Sheffield.

But by 2015, the pair are oceans apart. Daniel has remained in Sheffield and is working as a freelance music critic, while Alison is forging a career as an author in Sydney. Yet both are experiencing a sense of emptiness that their lives didn't turn out as they had planned.

'The story begins with that visceral, very powerful young love that you experience for the very first time,' says *Close to the Enemy*'s Jim Sturgess, 47, who plays the older Daniel.

'It gets cut short when Alison has to leave Sheffield one day without any answers, which leaves Daniel with a huge unresolved kind of hole in his heart and in his life.'

Eventually, Daniel meets and marries Katja (Sara Soulié) and has a son, yet he can't shake the feeling that he's been sleepwalking through his life.

'I was very moved by Daniel's relationship with Katja and it sort of broke my heart,' explains Sturgess. 'I think that's one of the greatest strengths of the show – it's deeply romantic and very, very painful to watch sometimes.'

Ben Lawson as Michael

Rory Walton-Smith and Florence Hunt

Meanwhile, Alison has just achieved her dream of getting a book published, but struggles to embrace this over her identity as wife to prominent surgeon Michael (Ben Lawson) and a stay-at-home mother of two.

'Michael has some narcissistic qualities,' explains *The Clearing*'s Teresa Palmer, 39, who plays the older Alison. 'She has a lot of trauma in her past that she wants to leave behind, so she's written a book to try to branch out of herself. Alison keeps a lid on her feelings, but as the show unravels, she opens up Pandora's box and we see her having to navigate a lot of challenging things.'

When Alison's novel becomes a global hit, she and Daniel find themselves reconnecting despite living on different continents, and they start sending each other the tracks they used to love.

'The music reignites a lot of feelings and emotions from their youth,' says Sturgess. 'It ultimately forces them to confront the dark truth about what happened to Alison and why she had to leave Sheffield in the way that she did. But then they're left with this unresolved love and whether that's going to be more powerful and stronger than they had both anticipated.'

WORDS: SEAN MARLAND. PHOTOS: BBC

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Elaine C Smith

Govan Fair Queen

NEW

Thursday, 11pm, BBC3

Born in 1958, Elaine C Smith played lovesick Irene in sitcom *City Lights*, before making her name as Rab's long-suffering wife Mary (inset) in *Rab C. Nesbitt* (1988–2014). Since 2016, she has played loudmouth neighbour Christine in BBC sitcom *Two Doors Down*, and she will reprise her role when the comedy returns for a Christmas special. She's also had roles in dramas *55 Degrees North*, *The Syndicate* and *Mayflies*.

HER NEW SHOW

This week, Smith, 66, stars in one-off comedy pilot short *Govan Fair Queen*, written and directed by Scottish comedian Paul Black, and set around an annual, Glasgow-based family fair. Smith plays bossy, sharp-tongued grandmother Linda, who is so desperate to win a holiday to Florida that she ropes in her granddaughter Abigail, played by newcomer Harper Blue Hamilton, to take part in the fair's pageant. But soon old rivalries resurface, which force Linda to choose between getting her own back and just letting Abigail be herself...

Abigail and her gran Linda

WORDS: CAREN CLARK, HANNAH DAVIES, RICHARD MCCLURE. PHOTOS: 5, BBC, C4, GETTY, SKY, CBS

Dangerous

There's **more suburban intrigue** in the Leeds neighbourhood

NEW DRAMA

The Couple Next Door

Monday-Wednesday, 9pm, C4 (box set, Channel 4 Streaming)

Dark revelations and illicit relationships are the order of the day once more in a second run of racy C4 anthology drama *The Couple Next Door*.

While the first series centred on an upmarket cul-de-sac in Leeds where teacher Evie had a shocking affair with neighbour Danny, the new six-parter heads back to the same street, but this time focuses on high-flying heart surgeon Charlotte (Annabel Scholey), who seems happily married to anaesthetist husband Jacob (*Nashville*'s Sam Palladio).

But Charlotte and Jacob's lives are upended when enigmatic nurse Mia (Aggy K Adams) joins their team at the hospital and moves into their road. As she worms her way into their lives, they are both dangerously drawn to her and are forced to reassess their marriage.

'Charlotte seems to have it all and has achieved a lot, but she's reached 40 and thinks, "What am I going to do with the next bit of my life?"' shares *Rivals* and *The Split* star Scholey, 41.

Hugh Dennis as Alan

DISRUPTIVE ELEMENT

'She starts to question things and unravels. Charlotte is fascinated by and attracted to Mia, who holds up a mirror to her life and throws her off-centre. Mia makes Charlotte and Jacob behave in ways they don't recognise, which is the start of a spiral.'

Pascoe with Esme Young and Patrick Grant

Cotton club

Sara Pascoe and the judges are back for more sewing challenges

NEW REALITY

The Great British Sewing Bee

Tuesday, 9pm, BBC1

After taking time off following the birth of her second child, Sara Pascoe returns to host the 11th series of reality contest *The Great British Sewing Bee* as 12 new contestants, including a scientist and a stilt-walker, show off their sewing skills.

Over 10 weeks, long-time judges Patrick Grant and Esme Young will be watching on as the sewers tackle themes ranging from the Roaring 20s to Korea as they make Sir Grayson Perry-inspired dresses and eco-friendly workwear jackets.

Palladio, Adams, Scholey and Ramamurthy as Jacob, Mia, Charlotte and Leo

desires

Annabel Scholey as surgeon Charlotte

Meanwhile, as we get glimpses of Mia's troubling past, there are further tensions for Charlotte and Jacob after Charlotte's charming ex-lover Leo (*Heroes*' Sendhil Ramamurthy) resurfaces. And when patients also begin to die unexpectedly at the hospital, some devastating secrets emerge.

'Leo represents what Charlotte could have had. Did she choose the right man? And there are some unsolved mysteries surrounding Mia,' teases Scholey.

For the actor, one of the highlights of making the drama, which also sees Hugh Dennis reprise his role as voyeuristic neighbour Alan, was getting the chance to watch a real-life heart operation.

'I had the opportunity to see an aortic-valve replacement,' reveals Scholey. 'Then, on set, I enjoyed the challenge of trying to do it justice and make it look like the right movements. It was amazing – now I wish I'd gone to medical school!'

Here, Pascoe, 44, tells us more…

Sewers Novello and Gaynor

What can you tell us about this year's sewers? There's a whole age range of people with different backgrounds and hobbies. So we have a scientist, a student, people who sing and do creative jobs, plus a bus driver, a lecturer and people who are retired. All of the sewers are really good chatters and they're happy to muck around. None of them are too stressed about the sewing!

There are also new themes, including Roaring 20s Week. What can you tell us about that? The 1920s was an incredible era with iconic clothing. As a Pattern Challenge, the sewers make plus fours and they're stunning.

Did the judges have a tough job this time around? They were very strict and really finicky, and there were several times where they discussed who was going home for ages. We had some shock results.

What were the funniest sewing-room moments? The most fun was us doing our sketches. We did a pastiche of *The Shining* for Movies Week and then I made [Patrick and Esme] do *Gangnam Style* for Korea Week – just being as silly as possible. It's very tongue-in-cheek.

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

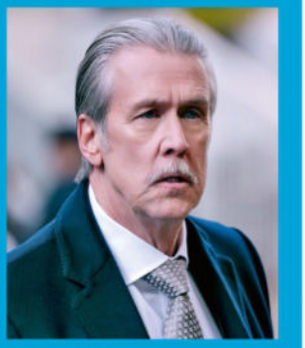
NEW Live Aid at 40: The Concert

Saturday, 6pm & 9.25pm (times vary), BBC2

For the first time since the Live Aid concerts in London and Philadelphia in 1985, BBC2 gives viewers a chance to relive extensive highlights, featuring performances from David Bowie, Madonna, Queen (above) and U2. There are also backstage interviews, plus a transatlantic chat with Phil Collins on Concorde as the star flew between the two gigs.

Elsbeth

Monday, 9pm, Sky Witness



This week's guest star is Alan Ruck (right), who played Logan Roy's eldest child Connor in *Succession*. In a deadly case of sibling rivalry, Wall Street financier Bill is murdered by his twin brother and business partner Peter (both played by Ruck), who resents him for giving away his fortune after a near-death experience. Can Elsbeth (Carrie Preston) bring Peter to justice?

First Night of the Proms

Friday, 6.45pm, BBC2

This year's Proms season is set to feature a diverse series of concerts, including a special 'all-nighter' at London's Royal Albert Hall and a celebration of Bernard Herrmann, who scored classic movies *Citizen Kane* and *Psycho*. The season gets under way on Friday with the world premiere of *The Elements* by composer Errollyn Wallen (right).

The Hotel Inspector

Thursday, 8pm, 5

Alex Polizzi (right) is back to help more struggling hoteliers, starting in Devon, where Terry and Nikki have spent every penny they have to fulfil their dream of running a guest house and spa. Nikki has been forced to take on a part-time job to cover their debts, but with a stubborn Terry resistant to change, can Polizzi help the couple turn their hospitality business around?

YOUR WATCHLIST

NETFLIX

prime

BBC iPLAYER

Disney+

4

sky box sets

NOW

tv+

Ms Sigsby, Luke and Tim

Stolen youth

MGM+ The Institute

NEW *Available: Sunday 13 July*
Genre: Sci-fi Season: 1 Episodes: 8
(first two eps from Sunday 13 July, then weekly)

With supernatural themes, sinister secrets and a brave band of kids fighting dark forces, new sci-fi horror *The Institute* is the perfect summer series for anyone who likes *Stranger Things*.

Adapted from Stephen King's 2019 novel, the spine-chilling eight-part series follows Luke Ellis (Joe Freeman, the son of actors Martin Freeman and Amanda Abbington), a 14-year-old telekinetic genius who is abducted from his bedroom in Minneapolis and brought to a secret, heavily guarded compound called The Institute.

But Luke quickly uncovers a cruel reality: The Institute is a prison for children like him with unusual abilities, such as telepathy, and the kids are being subjected to twisted experiments orchestrated by the cold and calculated Ms Sigsby (Mary-Louise Parker).

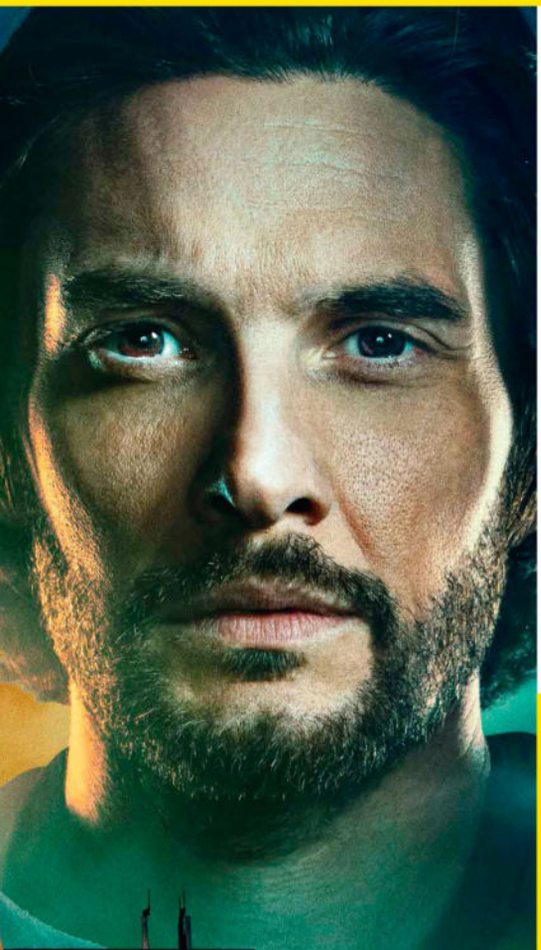
'For me, there's no better writer than Stephen King, so just to get an audition was exciting,' Freeman, 19, tells *TV&Satellite Week* in an exclusive chat. 'This show has Stephen King's classic, disturbing, psychological-thriller element, but not in a jumpy way – it's just very uncomfortable.

'Luke is certainly smarter than your average Joe. He wants to do what's best for himself, but he also can't help but care about everyone else in his life and never wants to leave anyone behind. That definitely helps when he arrives at The Institute because he's able to band the other kids together. You really root for them.'

Executive-produced by King, the series also follows haunted former police officer Tim Jamieson (Ben Barnes), who crosses paths with Luke when rumours about the missing children pull him into the perilous mystery.

'Tim is an ex-cop who has been through some traumatic experiences and is carrying a lot of shame,' says *Westworld* star Barnes, 43. 'He's questioning his future and trying to find some peace and solitude. But he ends up in a small town near this mysterious and terrifying institute. No one quite knows what it is or does, but Tim finds a trail and he has a very fierce trigger when he smells injustice.'

Joe Freeman as Luke Ellis



Mary-Louise Parker, Joe Freeman and Ben Barnes star in Stephen King's tale of a sinister facility for children

The series is directed by Jack Bender, whose credits include *Lost* and *Game of Thrones*, while Benjamin Cavell – who's known for *Homeland* and *Justified* – is on writing duty.

'I didn't know this book beforehand, but I had filmed a Stephen King series called *Mr. Mercedes*,' says *Weeds* star Parker, 60. '*The Institute* series poses this amazing question: "How far would you go to prevent the apocalypse?" That's how my character justifies the horrendous things she does, but she's fuelled by loneliness and paranoia.'

Despite starring in two Stephen King adaptations, Parker says she's not a horror fan.

'Nope, it's not for me,' she shudders. 'I remember one day on set I needed somewhere to sit during a break, so the crew took me into a dark room filled with beds with IV drips hanging around them. The whole room just felt diseased. I said, "I'll stand in the hall!"'

● *MGM+ can be purchased as a subscription on Prime Video for £5.99 per month*

What we're watching...

The shows being enjoyed by the *TVSW* team

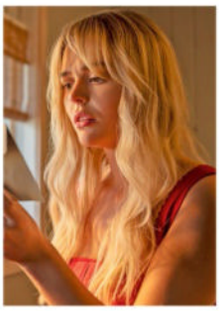
NETFLIX The Waterfront

Genre: Drama Season: 1 Episodes: 8

There are elements of *Ozark* and *Outer Banks* in this absorbing, strongly acted crime drama from *Dawson's Creek* creator Kevin Williamson. Set in the fictional North Carolina coastal town of Havenport, it centres on Harlan Buckley (*Mindhunter*'s Holt McCallany) and his wife Belle (*Beef*'s Maria Bello), whose once-thriving fishing and restaurant business is on the verge of collapse. Their determination to save their empire plunges the couple and the rest of their dysfunctional family into the dark waters of drug smuggling.

prime We Were Liars

Genre: Thriller Season: 1 Episodes: 8



Following a terrible accident that leaves her with amnesia, Cadence Sinclair Eastman (Emily Alyn Lind, right) tries to recall the events of that fateful summer, in a compelling adaptation of E Lockhart's bestseller.

Disney+ Sally

Genre: Documentary Episodes: One-off

A revealing documentary on astronaut Sally Ride (right) – the first US woman in space – who kept her 27-year lesbian relationship with partner Tam O'Shaughnessy a secret until her death in 2012.

Now in production...

Three upcoming shows to look out for soon

prime Bloodaxe

In Prime Video's period drama, Xavier Molyneux (above) is set to play Viking Erik Bloodaxe, who fights for the throne of Norway as the country faces turmoil amid bitter feuding and back-stabbing. Jessica Madsen is in line to portray his powerful wife Gunnhild.

Paramount+ Baby Doll

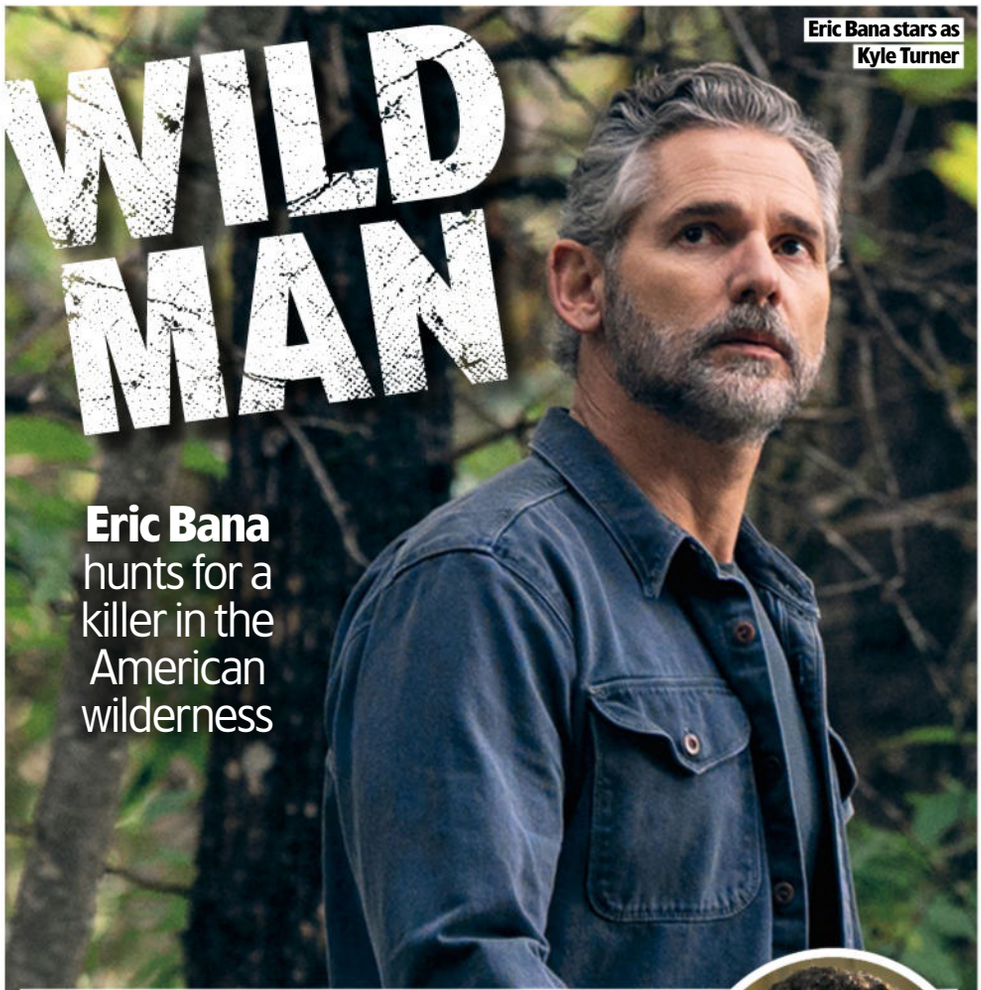
Paramount+'s six-part thriller, based on Hollie Overton's novel, sees Jill Halfpenny (above) as Eve, whose daughter is kidnapped by teacher Rick (Alfie Allen) and held for years. When the girl escapes, the family try to rebuild their lives, but Rick is still at large...

NETFLIX Trinity

Gugu Mbatha-Raw (above) will star in Netflix's action-packed eight-part drama, penned by Jed Mercurio, about a naval officer on a US nuclear submarine. But when she forges a bond with a charming politician (Richard Madden), she starts to uncover a conspiracy.

WORDS: CAREN CLARK; REBECCA MAHONEY; PHOTOS: © 2025 DISNEY & ITS RELATED ENTITIES, ALAMY, GETTY, NETFLIX, PRIME VIDEO

WILD MAN


Eric Bana stars as Kyle Turner

Eric Bana hunts for a killer in the American wilderness

NETFLIX Untamed

NEW *Available: Thursday 17 July*
Genre: Drama Season: 1 Episodes: 6

When two climbers see a young woman fall from a precipice in California's Yosemite National Park at the start of drama series *Untamed*, troubled federal agent Kyle Turner (Eric Bana) sets out to uncover the cause of death, with the help of reluctant rookie ranger Naya Vasquez (Lily Santiago).

Not unlike Matthew Goode's grumpy detective in the recent Netflix hit *Dept. Q*, taciturn Kyle is pretty much universally disliked by everyone who has the misfortune to liaise with him.

The park rangers sneeringly call him 'Gary Cooper', after the famous western actor, because of his insistence on travelling everywhere on horseback. Out of hours, he lives in a ramshackle cabin – which is so messy that Naya assumes her partner in crime-solving is either moving in or out – where he drinks himself into oblivion.

Lily Santiago as Naya Vasquez

However, his friend and mentor, veteran chief ranger Paul (*The Twelve*'s Sam Neill), and ex-wife Jill (*La La Land*'s Rosemarie DeWitt), who is in a new relationship but tolerates Kyle's drunken late-night phone calls, are aware of his demons, and try to keep an eye on his wellbeing.

SAVAGE BEAUTY

The authorities are keen to rubber stamp the case as a suicide since anything else might have a negative impact on the tourist trade. Kyle, however, has other ideas…

The six-parter was co-scripted by the writer of Leonardo DiCaprio's epic survival saga *The Revenant* and, like that film, is set against a stunning but dangerous wilderness.

'Everyone thinks of Yosemite as this beautiful place with all the vistas and scenery, but we were trying to touch on the dangers that are just beyond that,' says co-showrunner Mark L Smith. 'I love stripping away all the modern tools that people can use. It really gets down to the character and what they can find within themselves.'

Kyle and Naya set out to investigate

Footage of the balloon taking off

Flight fright

How a **fake emergency** transfixed America...

NETFLIX Trainwreck: Balloon Boy

NEW *Available: Tuesday 15 July*
Genre: Documentary

In October 2009, Colorado emergency services received a frantic 911 call from local man Richard Heene, who claimed that his homemade flying saucer had escaped from his backyard with his six-year-old son Falcon inside.

With National Guard helicopters in pursuit, millions watched on TV as the helium-filled balloon drifted for 90 minutes before coming down near Denver International Airport. But Falcon was not inside – and an object had been seen falling from the balloon during its flight. A desperate search began, only for Falcon to be found hiding in the attic at his family home.

Rumours of a hoax began to circulate when it was revealed that Heene and his wife Mayumi had been pitching the idea for a reality TV show, and authorities came to believe the whole episode was just a reckless publicity stunt.

As this documentary reveals, the pair were given short jail terms, but maintained their innocence and were pardoned by the governor of Colorado in 2020.

'Everybody started criticising us,' reflects Richard Heene, who stands by his story to this day. 'But all I wanted to do was make a really fantastic project for the kids.'

The Heene family

WORDS: CAREN CLARK, IAN MACEWAN, REBECCA MAHONEY, RICHARD MCCLURE. PHOTOS: BBC, NETFLIX, PARAMOUNT+, SHUTTERSTOCK, SKY, CBS

Anson Mount (front) as Captain Pike, with the *Enterprise* crew

Can Captain Pike and his crew **defeat the Gorn** in Season 3?

Joint enterprise

Paramount+ Star Trek: Strange New Worlds

NEW *Available: Thursday 17 July Genre: Sci-fi Season: 3 Episodes: 10 (first two eps from 17 July, then weekly)*

Thrusters on full! The *USS Enterprise* is heading for more uncharted territories in the sci-fi prequel's third season – and Captain Christopher Pike (Anson Mount) is facing an impossible choice.

The new 10-part run beams us straight back into the chaos of Season 2's cliffhanger, following the ruthless reptilian Gorn species' brutal attack on the human colony of Parnassus Beta.

Several of the crew – including La'an Noonien-Singh (Christina Chong), Dr Joseph M'Benga (Babs Olusanmokun) and Erica Ortegas (Melissa Navia) – have been captured, and Captain Pike is torn between following Starfleet's orders to retreat, or risk igniting a war by launching a rescue mission. But with Captain Marie Batel (Melanie Scrofano) infected with the Gorn's eggs and in critical condition, the clock is ticking on his decision.

QUESTIONS OF TRUST

'It's not just an exciting season, but storytelling-wise, development-wise and technically, it's our best so far,' says Mount, 52. 'A lot of that has to do with taking even bigger swings and feeling more ownership over what we're doing. People are watching and enjoying it, so we feel even more emboldened.

'I hope people are starting to understand that Star Trek can be a lot of things because I've been learning that, too. I've stopped asking our showrunners, "Are you sure this is a good idea?" Because it always works out. People's suspension of disbelief is phenomenal.'

Fans can expect a new, mysterious enemy, while familiar faces back on deck include Rebecca Romijn as Number One, Jess Bush as Christine Chapel and Celia Rose Gooding as Nyota Uhura.

The younger incarnation of Montgomery 'Scotty' Scott (Martin Quinn, who debuted in Season 2's finale) also returns, and we'll see more of the blossoming friendship between James T Kirk (guest star Paul Wesley) and Spock (Ethan Peck).

'There are sprinkles and hints of what's to come and how connected Kirk and Spock will be, even though they could not be more opposite,' says Wesley, 42. 'They're yin and yang in a good way, and we really explore that in Season 3. Their friendship is so important to this series.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

5 Secrets of Diana's Wedding Dress

In 5's documentary, fashion designer Elizabeth Emanuel looks back at the creation of the iconic gown in 1981, revealing how the royal bride spilt perfume on it on the morning of the big day.

Sky box sets NOW Virgin media Hill

Sky's in-depth profile of Damon Hill sees the former Formula 1 supremo reflect on the shocking death of his father, fellow F1 champion Graham Hill, in a plane crash in 1975, and how it spurred him on to take up motor racing.

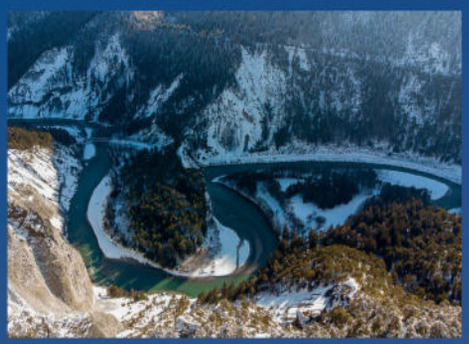
BBC iPLAYER Scrublands: Silver

The second run of BBC2's Australian drama finds journalist Martin (Luke Arnold) heading to his home town for a holiday – but he is stunned when his partner Mandy (Bella Heathcote) is suspected of killing his childhood friend, Jasper.

BBC iPLAYER Such Brave Girls

As the offbeat BBC3 comedy returns, Josie (Kat Sadler) is happy about a new romance, but a family event is challenging. Meanwhile, her sister Billie (Lizzie Davidson) has begun an illicit relationship with an older married man.

DISCOVER BRAND NEW **DISCOVERY CRUISES**



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MARCH 2025 Which? Recommended Provider RIVER CRUISES

RIVIERA TRAVEL

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Crossbow Cannibal

Saturday 12 July

In 2010, Stephen Griffiths, who called himself The Crossbow Cannibal, was jailed for life for murdering three women in Bradford. His crimes were uncovered when a caretaker reviewing CCTV footage saw Griffiths armed with a crossbow chasing a woman down the corridor and dragging her back into his flat. Griffiths' sister talks about her brother's bizarre and often violent behaviour growing up.

Ladies in Black

Saturday 12 July

Australian drama set in Sydney in 1961 following the lives of a group of women working in a department store as they navigate love, ambition and identity during a time of social change. Starring *Younger*'s Debi Mazar, *Chilling Adventures of Sabrina*'s Miranda Otto and *The Artful Dodger*'s Jessica De Gouw. See feature, page 8.

The Institute

Sunday 13 July

Sci-fi series based on Stephen King's 2019 novel of the same name. Child genius Luke Ellis (Joe Freeman) is snatched from his bedroom and wakes up in The Institute, a mysterious facility full of children who, like him, have psychic abilities. With *Shadow and Bone*'s Ben Barnes and *Weeds*' Mary-Louise Parker. See feature, page 14.

90 Day Fiancé UK

Sunday 13 July

The fourth season of the reality series. Seven couples who are in long-distance relationships rack up the air miles in pursuit of a happily ever after. There are culture clashes and shock revelations.

Johanna Möller: Sweden's Most Hated Woman

Monday 14 July

True-crime docuseries that revisits one of Sweden's most infamous cases. In 2017, Johanna Möller was sentenced to life in prison for the murder of her dad and the attempted murder of her mother. Her conviction was not based on any forensic evidence, but rather on the testimony of her co-defendant, who changed his story 12 times.

Trainwreck: Balloon Boy

Tuesday 15 July

Documentary. On 15 October 2009, a Colorado father called 911, claiming that his six-year-old son was trapped inside a helium-filled balloon, shaped like a flying saucer, that had blown away from his backyard. It caused a media frenzy while the authorities, including the National Guard and Homeland Security, planned how to rescue 'Balloon Boy'. However, things weren't as them seemed... See feature, page 16.

The Summer I Turned Pretty

Wednesday 16 July

The third season of the coming-of-age romantic drama based on the novels by Jenny Han. Isabel 'Belly' Conklin (Lola Tung) is looking forward to another summer at Cousins Beach with her soulmate Jeremiah (Gavin Casalegno). Her future seems set, until her first love Conrad (Christopher Briney) comes back into her life.

The Chosen: Last Supper

Sunday 13 July

Jesus (Jonathan Roumie) enters Jerusalem and is acclaimed as king in the fifth season of the historical drama. But religious leaders are plotting against him and, as Jesus shares a final meal with his disciples, Judas Iscariot (Luke Dimyan) prepares to betray him.

Sakamoto Days

Monday 14 July

The second part of the first season of the Japanese animé series. Once the world's deadliest assassin, Taro Sakamoto quit after falling in love. But when his past catches up with him, the now out-of-shape killer must fight to protect his family.

Amy Bradley Is Missing

Wednesday 16 July

Docuseries on the disappearance of 23-year-old American Amy Bradley from the Caribbean cruise ship she, her parents and her younger brother were holidaying on in March 1998. Her whereabouts remain unknown to this day while her family continues their tireless search for answers.

Untamed

Thursday 17 July

Mystery thriller. The discovery of a woman's body in Yosemite National Park sends Kyle Turner (Eric Bana), a special agent for the National Park Service, on a collision course with the dark secrets within the park and in his own past. Sam Neill co-stars. See feature, page 16.

Star Trek: Strange New Worlds

Thursday 17 July

The third season of the Star Trek spin-off following the crew of the *USS Enterprise*, under the command of Captain Christopher Pike (Anson Mount), during the 23rd century, in the years before the original *Star Trek* series. See feature, page 17.

Snoopy Presents: A Summer Musical

Friday 18 July

In the first *Peanuts* musical special in 35 years, Charlie Brown and the gang learn that their beloved summer camp is shutting down, while Snoopy and Woodstock discover a treasure map.

Detective Surprenant

Friday 18 July

French-Canadian crime drama from Walter Presents. André Surprenant (Patrick Hivon), a former major-crimes investigator from Montreal, is now stationed in the quiet village of Cap-aux-Meules. When the mayor's teenage daughter is found murdered, the community is thrown into turmoil.

Vir Das: Fool Volume

Friday 18 July

In a stand-up special, Indian comedian Vir Das opines that in a world that takes itself too seriously, maybe being the fool is the smartest move.

Wall to Wall

Friday 18 July

Korean thriller. A man pours all his money into a new apartment, only to discover that its walls are full of disturbing noises.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, PRIME VIDEO

Documentaries

Among the Afar people in Ethiopia

Ella Al-Shamahi uncovers how Homo sapiens conquered the planet

Human resources

My Mom Jayne

Saturday, 9pm, Sky Documentaries

Actor Mariska Hargitay discovers more about her mother, Hollywood starlet Jayne Mansfield, who died in a car crash in 1967, in this one-off film. Hargitay – who was in the car at the time, aged three – also addresses the decades-long secret around her paternity, and finally hears the truth from her biological father, singer Nelson Sardelli.

Sycamore Gap: Britain's Lost Landmark

Tuesday, 10.45pm (times vary), ITV1

Why did two men take a chainsaw to one of the world's best-loved trees in September 2023? As Daniel Graham and Adam Carruthers are sentenced for felling the Sycamore Gap tree, reporter Tom Barton tells the full story of what happened that night and reveals how Northumberland's police cracked the case.

1977: When Virginia Wade Won Wimbledon

Saturday, 7pm, 5

A look back at how 31-year-old Virginia Wade (above) won the Wimbledon women's singles title in 1977 at the 16th attempt, beating Betty Stöve in a three-set match and becoming the last British woman to be crowned champion. Contributors include former pro Billie Jean King and Wade herself.

WORDS: CAREN CLARK, HANNAH DAVIES, IAN MACEWAN, RICHARD MCCLURE
PHOTOS: ALAMY, BBC, C4, SHUTTERSTOCK, SKY/HBO

NEW FACTUAL

Human

Monday, 9pm, BBC2
(box set, BBC iPlayer)

Modern humans have developed over hundreds of thousands of years to become the dominant species on Earth, and, now, the remarkable story of Homo sapiens' evolution is being told in BBC2's documentary *Human*.

Presenting the five-part series, palaeoanthropologist Ella Al-Shamahi visits archaeological sites across the world to unveil new DNA and fossil discoveries that showcase how we coexisted alongside, and eventually outlived, other human species.

'We portray ourselves as the pinnacle of human evolution, but we were the underdog,' says Al-Shamahi. 'Many species were around at the same time, and yet, somehow, we're the only ones left. And we're not just surviving, we're thriving. How did we do that?'

In the opening episode, she visits Morocco, where she reveals how a skull fossil with features resembling ours indicates that we emerged as a species 300,000 years ago – some 100,000 years earlier than previously believed. She also highlights how our adaptability helped us to withstand crises including climate change, while a carving in a cave in Botswana hints at how our earliest ancestors adopted rituals.

'We cooperate in a way that no other species cooperates. We're constantly looking at each other and thinking, "You're doing it like that. What if I do it this way instead?"' she says. 'It's cumulative culture – our ancestors invented, perfected, tinkered and copied.'

In later episodes, Al-Shamahi introduces a one-metre-tall species, *Homo floresiensis*, dubbed the 'hobbit', while she also explores how Homo sapiens interacted with Neanderthals in Europe.

ANCIENT TRACES

'The hobbit would have come up to my hip and they only lived on this Indonesian island, Flores, with giant rats, Komodo dragons, huge storks and miniature elephant-like mammals. It was a fantastical *Lord of the Rings*-like world, except it was real,' she says.

'Most people have 2% Neanderthal in their DNA, so our ancestors must have interbred with them. These species aren't with us now, but their legacy is.'

Al-Shamahi ends the series by examining the creation of settlements following the Ice Age 12,000 years ago, and the invention of the first alphabet 4,000 years ago in the Sinai desert.

'We see how we became an explorer species that travelled. No other species has lived in every continent,' she says. 'But if our ancestors hadn't been creative and lucky, we wouldn't be here.'

Michael Mosley: Secrets of the Superagers

Monday, 8pm, C4

The late Dr Michael Mosley (above) discovers how some people seem to defy ageing in one of the last series he made before his death last year. This week, there's a look at ways to improve your brain health, such as skydiving, getting a good night's sleep, taking short bursts of intense exercise and mastering new skills.

The Mushroom Poisonings: The Case That Gripped the World

Monday, 10.05pm, 5

A look at the recent high-profile murder trial of Australian Erin Patterson (above), who was accused of foraging deadly death-cap mushrooms and putting them in a meal she then served to her in-laws – leading to the deaths of three people.

Simpson in competition

Race for justice

A journalist's fight to bring jockey **Jonathan Creswell** to trial

Victim Katie Simpson

NEW CRIME

Death of a Showjumper

Wednesday, 9pm & 10pm,
Sky Documentaries & Sky Showcase
(box set, Sky Box Sets & NOW)

To most people, Jonathan Creswell was a charming champion jockey and something of a local celebrity where he lived in Derry, Northern Ireland. But beneath the surface, Creswell was a controlling philanderer and violent abuser, whose jealousy ultimately led to the murder of talented 21-year-old showjumper Katie Simpson.

At the time, Simpson was living with her older sister Christina, who was in a long-term relationship with Creswell. On the day of her death in August 2020, Creswell claimed he'd found Simpson hanging from their banisters. But his story rang alarm bells with local journalist Tanya Fowles.

'I'd known Katie since she was a child. She was a very bubbly girl, so this felt all wrong,' says Fowles, who features in Sky's three-part series *Death of a Showjumper*. 'When I heard it was Jonathan Creswell who found her, I knew he had something to do with it.'

In 2009, Fowles had covered a horrific court case for which Creswell served prison time for assaulting a former girlfriend. But although he'd strangled her to the point of unconsciousness numerous times, the horse-racing community had stood by him.

'Everybody loved him,' explains Fowles. 'He had a sort of magnetic charm that could make people laugh and put them at their ease.'

After Simpson's death, Fowles took her concerns about Creswell to Derry's police but they failed to act. Refusing to give up, she called one of her detective contacts for help.

DIGGING FOR CLUES

Between them, they conducted a secret investigation, which uncovered discrepancies in Creswell's story. Autopsy photographs also revealed Simpson's body was covered in bruises, while it later transpired Creswell had been in a secret coercive relationship with her, and had just discovered that she'd been seeing another man.

Eventually, the police agreed there was enough evidence to charge Creswell with murder. But on the second day of his trial in April 2024, he took his own life at his home, denying Simpson's family the justice they craved.

'It's unfathomable how one person could cause so much destruction in so many people's lives,' says Fowles. 'Creswell had all the characteristics of a psychopath or a narcissist.'

Films Our pick of this

MOVIE OF THE WEEK

Juror #2

It's decision time for **Nicholas Hoult** in Clint Eastwood's twisty courtroom thriller

COURTROOM THRILLER

Friday, 11.20am & 8pm, Sky Premiere ★★★★

Clint Eastwood's 40th film as director is a contrived but highly enjoyable courtroom drama that harks back to that classic legal thriller *12 Angry Men* but offers much less moral certainty. Nicholas Hoult stars as the juror of the title and, like Henry Fonda in the earlier film, he is the lone hold-out among the jury in a high-profile murder trial.

But whereas Fonda's hero was the embodiment of liberal virtue, Hoult's character is far more conflicted and ambivalent as he grapples with a moral dilemma over the accused man's guilt or innocence. The case against Gabriel Basso's man in the dock accused of killing his girlfriend following a quarrel in a bar on a rainy night a year ago, looks open and shut. That's what Toni Collette's ambitious prosecutor would have the jury believe.

Hoult's recovering alcoholic, though, has good cause to believe Basso is innocent. But to reveal what he knows would risk destroying his own life. Without disclosing his secret, can he persuade his fellow jurors not to convict? Fans of legal thrillers will have great fun unravelling the twists, turns and ethical tangles. There's nothing flashy about the film, but Eastwood's lean, no-frills direction serves the story well, as do the excellent performances, with Hoult, Collette and JK Simmons (as a retired police detective) the standouts. 2024, 12, 114MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY

More premieres and Day by Day planner ›››

week's Best Movies

BIOPIC

Oppenheimer

From Saturday, Netflix ★★★★★

Part first-person psychological drama, part historical enquiry, part courtroom drama, writer-director Christopher Nolan's film is a colossal achievement: an old-school epic executed with blockbuster verve. We first see J Robert Oppenheimer (Cillian Murphy) in the rain, gaunt and haunted. Swiftly, periods of his life criss-cross – from his student years, to the 1950s when he's accused of Communist sympathies, and his ambition to bring peace to wartime with the creation of an atom bomb. Murphy's never been better, but there are stand-out turns, too, from Robert Downey Jr, Emily Blunt, Matt Damon and Florence Pugh. Taut and sprawling, riveting and haunting: the film fires on all cylinders, as Nolan tackles world-changing history with fearsome force and focus. 2022, 15, 180MIN

Atomic man: Cillian

Battle ready: Ciarán, Maxine and Jason

BIOPIC

Words of War

Available now to buy or rent from digital stores, including Prime Video and Sky Stores ★★★

Described in her lifetime as 'the bravest woman in Russia' and 'the conscience of the nation', crusading Russian journalist Anna Politkovskaya is more than worthy of biopic treatment, but this drama doesn't do her justice. The film shows Politkovskaya to have been a sharp thorn in the side of Putin's post-Soviet Russia thanks to her fearless reporting of war atrocities in Chechnya. It's a compelling story, and Maxine Peake is solid in the lead with The scenes with a fine Ciarán Hinds as her empathetic editor, but the plot is rather plodding – particularly when it comes to Anna's home life with her TV presenter husband (Jason Isaacs). Even so, the parallels with conflicts now still come across powerfully. 2025, 15, 117MIN

FANTASY DRAMA

Parthenope

On now, Mubi ★★★★

Oscar-winning Italian director Paolo Sorrentino's rich ode to his hometown Naples is a visually gorgeous and elusive drama whose young heroine is as ravishing and as enigmatic as the film itself. Played by newcomer Celeste Della Porta, Parthenope embodies Naples in all its mystery, and the film follows her from her birth in 1950 through to her teenage years and early adulthood. A string of men fall for her allure but none fully captures her heart. Gary Oldman has a dazzling cameo as an American author and sums up the film when he asks her, 'Are you aware of the disruption your beauty causes?' Subtitled. 2024, 15, 137MIN

Water baby: Celeste

Dying to live: Kier, Lucy and co

COMEDY DRAMA

Running on Empty

Sunday, 6.30am & 10.45pm, Sky Premiere ★★★

A sweet, if slight movie in which a young mortician (Keir Gilchrist) discovers he's less than a year to live (this is an alternate world where you can discover your 'death day'). His girlfriend breaks up with him, and he's slowly forced to come out of his shell, mostly through the help from Lucy Hale's video director for a dating agency. It's quirky, vaguely amusing without ever making you laugh out loud, and some of the themes could use a bit more weight. The cast, though, is great, with Gilchrist and Hale a cute couple (romcom queen Hale can do this in her sleep, it seems). 2024, 15, 91MIN

Films

Tapestry of trouble: Eve and co are strung out

CRIME THRILLER

Sew Torn

Saturday, 6.20am & 12.40pm, Sky Premiere ★★★★

This cleverly off-the-wall, darkly comic crime thriller gives its hero three choices at a critical juncture, then unspools the perilous consequences of each decision in turn. Cash-strapped mobile seamstress Barbara (Eve Connolly) stumbles upon two injured motorcyclists, a pair of guns and a briefcase on a quiet forest road: the aftermath of a drug deal turned bloodily violent. Should she commit the perfect crime, call the police, or drive away?

Adapting his own short film, American-Swiss director Freddy Macdonald winds up the tension in each episode as Barbara tries to extricate herself from deadly situations with the ingenious use of spools of thread. You will have to accept the story's contrivances, and that the action appears to be taking place in an English-speaking canton of Switzerland, but go with it and you will find *Sew Torn* enjoyably suspenseful and highly intriguing. 2024, 15, 100MIN

Hidden gems Great movies you might have missed...

SCI-FI CHILLER

A Quiet Place Part II

Paramount+ ★★★★

This sequel to the 2018 chiller is satisfying, lean and often cruelly tense. The nifty prologue explains how the monsters that hunt by sound took over the world, before we're on 'Day 474' with Emily Blunt, Millicent Simmonds – who shoulders much of the film – Noah Jupe and the baby-in-a-box. Cillian Murphy's newcomer steers the story into a stand-off between despair and hope, while the payoff is an exercise in sustained suspense. 2020, 15, 97MIN

COMEDY DRAMA

A Real Pain

Disney+ ★★★★★

Writer-director-star Jesse Eisenberg's gem of a movie balances laugh-out-loud comedy with heart-wrenching drama as two Jewish-American cousins – uptight family man Eisenberg and Kieran Culkin's mischievous screw-up – reunite for a 'Holocaust tour' of Poland to honour their recently deceased grandmother. Culkin won an Oscar for his genuinely brilliant performance but almost everything about Eisenberg's film is exquisitely judged. 2024, 15, 90MIN

HORROR

Starve Acre

BFI Player ★★★★

In 1970s Yorkshire, nature seems opposed to the arrival of Matt Smith's archaeologist – who has inherited the titular farmhouse from his estranged father – his wife Morfydd Clark and their troubled son. Their hopes that the new surroundings will be beneficial to their introspective, asthmatic lad (Arthur Shaw) are quickly dashed as violence and tragedy drive a wedge between the couple. A chilling and unnerving spine-tingler. 2023, 15, 98MIN

Saturday 12 July

COMEDY DRAMA

A Man Called Otto

9pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

This Hollywood remake of Fredrik Backman's Swedish bestseller *A Man Called Ove* stars usually good-humoured Tom Hanks as curmudgeonly Otto, a retired widower who calls everybody 'nitwits' and is suicidal after the death of his wife. But his attempts to end his life keep being interrupted and, gradually, he finds crumbs to live for, including looking after a stray cat. Some elements jar – notably the glib treatment of Otto's mental health issues – but director Marc Forster knows how to pluck at the heartstrings and Hanks, always a class act, is never less than watchable here, while relishing the opportunity to be cast against type. 2022, 15, 126MIN

Mr Grumpy: Tom and friend

ANIMATION

The Garfield Movie

2.10pm, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

With peppy vocals by Chris Pratt as the lasagne-loving feline and a hectic caper plot, this animation is an ostensibly fresh chapter for Jim Davis' comic-strip star. Alas, the film is thinly stretched and stumbles with a sudsy backstory involving an errant dad (Samuel L Jackson) who abandoned Garfield as a kitten to be raised by exploitable cartoonist Jon (Nicholas Hoult). Then father and son are reluctantly reunited when vengeful Persian Jinx (Hannah Waddingham) demands they pilfer milk from an impregnable dairy farm. 2023, U, 101MIN

PERIOD DRAMA

Little Women

3pm, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Telling the classic Louisa May Alcott novel in a non-linear way, writer-director Greta Gerwig's bold but respectful approach to the tale of the sisters living in genteel poverty during the American Civil War works remarkably well. Saoirse Ronan brims with headstrong energy as Jo, Emma Watson is conventional elder sister Meg, Eliza Scanlen is timid, sickly Beth and, best of all, Florence Pugh is Amy, who makes her vain, selfish character into a more complex and sympathetic figure than usual. In every way, it's an absolute triumph. 2019, U, 135MIN

SCI-FI THRILLER

Furiosa: A Mad Max Saga

8pm, Sky 2025 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

Tough, cunning and determined, Anya Taylor-Joy is ideal as Furiosa in this origins tale of the character played by Charlize Theron in George Miller's *Mad Max: Fury Road*. This brims with Miller's usual jaw-dropping action set-pieces, but is also the most fully realised of all the *Mad Max* films. A spectacular opus, it puts Taylor-Joy at the centre of it all as the film's beating heart when her Furiosa sets out to avenge the murder of her mother at the hands of bombastic, sadistic Dementus (a delightfully and demonically OTT Chris Hemsworth). 2023, 15, 148MIN

PERIOD ADVENTURE

Robin Hood

10.30pm, BBC1 (11pm NI, 11.40pm Wales) ★★★

Sex ●●● Violence ●●● Language ●●●

Director Ridley Scott turns the spotlight on the early years of the Nottingham legend, telling why Robin Longstride, an archer in King Richard's army, turned into an outlaw. Russell Crowe is a muscular Robin, while Cate Blanchett is the love of his life Marion, Matthew Macfadyen is a drippy Sheriff of Nottingham and Mark Strong the villainous Sir Godfrey. The film looks impressive, particularly in the intense battle scenes. 2010, 12, 135MIN

Full listings start on p35

Sunday 13 July

HORROR

Smile 2

10pm, Sky 2025 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

Although starting with an opening that connects to the original film, this sequel is a standalone movie which follows a pop superstar, played by Naomi Scott, who encounters a demonic entity. After a car crash that has left her deeply scarred – physically and mentally – she is about to embark on a massive comeback tour, aided by her pushy mum/manager (Rosemarie DeWitt). But after witnessing a horrific suicide, Scott starts hallucinating that unnerving smile on people, followed by all manner of carnage. Aside from some jaw-dropping set-pieces, this deeply creepy movie works because of Scott's pitch perfect performance. 2024, 18, 127MIN

Say cheese: Naomi

WESTERN

Butch Cassidy and the Sundance Kid

3.10pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

The ultimate Hollywood buddy movie, this won four Oscars. The legendary outlaws are brought to life by Paul Newman and Robert Redford, who banter their way through blowing up trains, keeping their Hole in the Wall Gang in line and impressing school-marm Katharine Ross. The scene where Newman does some stunts on a bicycle to the strains of *Raindrops Keep Fallin' on My Head* probably best sums up the appeal of a smoothly enjoyable film. Easily the most likeable Western of the 1960s. 1969, PG, 112MIN

MUSICAL

Dreamgirls

4pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

The entire history of Motown records is telescoped into a couple of hours for this glossy pop musical of three singers (Beyoncé Knowles, Jennifer Hudson and Anika Noni Rose) who are steered to pop stardom by their ruthless manager (Jamie Foxx). Eddie Murphy was Oscar-nominated for his live-wire performance as the singer who gives the girls their first big break and the screen blazes to life every time Oscar-winning Hudson (in her film debut) is on screen as the Dreamgirl who ends up falling by the wayside. 2006, 12, 130MIN

ANIMATION

Trolls

5.30pm, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

Grown-ups with an aversion for auto-tuned bubblegum pop and eye-popping day-glo pink will want to steer well clear of this DreamWorks animated musical adventure inspired by those ugly-cute toy dolls, but the film's zingy jollity should hit the spot for younger viewers. Anna Kendrick and Justin Timberlake provide the voices of the story's mismatched protagonists, perky Troll princess Poppy and grumpy loner Branch. Listen out for the voices of James Corden and John Cleese amid the jaunty pop songs and endless poop jokes. 2016, U, 92MIN

COMEDY DRAMA

Fisherman's Friends

6pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

This true(ish) yarn about a bunch of chart-topping Cornish fishermen has enough rural charm and feel-good humour to keep its fish-out-of-water story engaging. Daniel Mays is a brash cockney talent scout charged by his conniving boss Noel Clarke with signing the fishermen to a major record label. Some decorative locations, heartfelt moments and the enthusiastic cast (including Tuppence Middleton, James Purefoy and David Hayman) help things along nicely. 2019, 12, 107MIN

Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 14 July

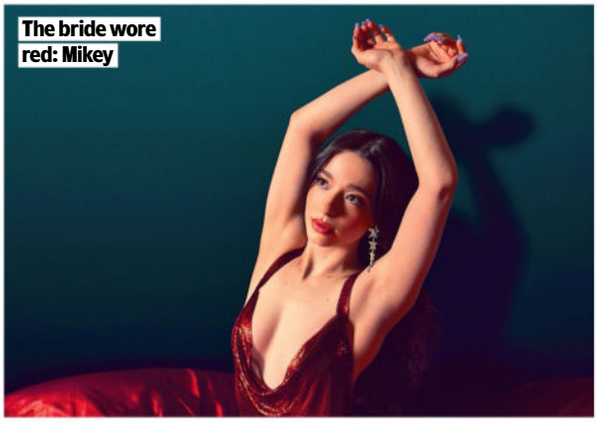
COMEDY DRAMA

Anora

11.10pm, Sky 2025 Recap ★★★★★

Sex ●●●Violence ●●● Language ●●●

Lap dancer Anora (Mikey Madison) impulsively weds a Russian oligarch's spoiled son, Ivan (Mark Eydelshteyn), in Las Vegas, then his outraged family sets about getting the marriage annulled. Writer-director Sean Baker's empathetic and insightful film swings wildly between blisteringly funny farce and heartrending drama. At its heart is Madison, who manages to be opportunistic and naive, resilient and vulnerable and hilarious and touching, often in the same scene. 2024, 18, 139MIN



The bride wore red: Mikey

ROAD MOVIE

Drive-Away Dolls

11.20am & 5.40am, Sky Buddy Films ★★★

Sex ●●● Violence ●●● Language ●●●

Director Ethan Coen's frivolous, freewheeling road movie follows queer pals, loquacious Texan Jamie (Margaret Qualley) and prim Marian (Geraldine Viswanathan), on a road trip from Philadelphia to Tallahassee, but their rental car happens to have a sought-after suitcase in its trunk. Nothing new here, but Qualley and Viswanathan are likeable and there are cameos from Matt Damon, Pedro Pascal and Miley Cyrus. 2023, 15, 84MIN

ROMANTIC THRILLER

Ghost

8pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

A recently murdered young man (Patrick Swayze) comes back as a spirit to prevent the same thing from happening to his grieving sweetheart (Demi Moore). It may be over-earnest and over-cooked, but this is still a tear-jerking treat. The famous potter's wheel sequence is both heart-warming and hot, and an Oscar-winning Whoopi Goldberg adds light relief as the wisecracking medium who helps Swayze 'reconnect' with Moore. 1990, 12, 127MIN

MUSICAL

Mean Girls

8pm, Sky Buddy Films ★★★

Sex ●●● Violence ●●● Language ●●●

Returning to her canny 2004 film (via Broadway), writer Tina Fey offers tweaks more than a rethink. Angourie Rice's brainy newcomer at school struggles to position herself between outsiders Auli'i Cravalho and Jaquel Spivey and Reneé Rapp's Plastics. The cookie-cutter songs make for a saggy second half, but Rice and Rapp contrast nicely and the adults (including Jon Hamm and Fey) have fun. The 2004 film is on at 6.10pm. 2023, 12, 112MIN

DISASTER MOVIE

Twisters

10.05pm, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

A terrific suspense sequence opens this reboot/sequel to the 1996 hit. Daisy Edgar-Jones stars as an ex-storm-chaser who, following a tragedy, now sits behind a desk. Old pal Anthony Ramos needs her help to chase a cluster of twisters in Oklahoma, but social media star Glen Powell stands in their way. A swirl of spectacle and sentiment ensues in this blustery blockbuster. 2024, 12, 122MIN

Full listings start on p55

Tuesday 15 July

SOCIAL DRAMA

Hoard

Available now, Mubi ★★★★

Sex ●●● Violence ●●● Language ●●●

Luna Carmoon's disturbing and yet compellling directorial debut takes an unflinching look at the repercussions of childhood trauma. The film first follows young Maria (Lily-Beau Leach) whose deeply troubled but also loving single mum Cynthia (a terrific Hayley Squires) packs their flat full of hoarded rubbish. Then we follow teenage Maria (Saura Lightfoot-Leon) whose feral affair with older foster brother Michael (Joseph Quinn) is making her fragile mind unravel. 2023, 18, 126MIN

PREMIERE

Looking for trouble: Saura and Joseph

COMEDY THRILLER

Beverly Hills Cop

8.55am & 11.40pm, Sky Buddy Films ★★★★

Sex ●●● Violence ●●● Language ●●●

In one of the defining roles of his career, a barnstorming Eddie Murphy plays wise-cracking Detroit cop Axel Foley, who travels to the gold-lined streets of Beverly Hills to investigate the murder of an ex-con friend. The movie could never be accused of subtlety, but the slick action, Axel F's earworm theme song and Murphy's machine-gun patter ensure that it's always entertaining. 1984, 15, 105MIN

ROMANCE

One Day

6.50pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Based on David Nicholls' best-selling novel, this bittersweet love story begins on 15 July in 1988 when Anne Hathaway's working-class northerner and Jim Sturgess' posh southerner meet on the last day of uni, and then revisits the pair on the same July day as they lurch and stumble through their adult lives for the next 20 years. Adapted for the screen by Nicholls himself, this is funny, romantic and deeply moving. 2011, 12, 108MIN

PERIOD COMEDY

Paper Moon

11am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

In her movie debut at age 10, Tatum O'Neal won an Oscar for her comically po-faced performance as her real-life dad Ryan O'Neal's sidekick. Throwing them together as a couple of footloose con artists in 1930s America is the gist of the plot, which also takes in a peach of a role for Madeline Kahn (as a character called Trixie Delight). Full of wry comic touches, the film has a huge affection for its characters and its era. 1973, PG, 100MIN

THRILLER

Taken

11.40pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Liam Neeson's former spy goes into overdrive when his daughter (Maggie Grace) is kidnapped in Paris. Neeson is on his finest tough-guy form as he heads to France to rescue her, reverting from loving father to vengeful action man. The first in the franchise, this brutal pulp-fiction thriller has some terrific edge-of-your-seat action as the body count reaches staggering proportions. 2008, 18, 94MIN

Full listings start on p65

Wednesday

HORROR COMEDY

The Parenting

1.20pm & 1.20am, Sky 2025 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

When couple Nik Dodani and Brandon Flynn rent a mansion to have their parents meet each other, they don't count on adding a demonic entity to an already awkward weekend. Brian Cox and Edie Falco as

Night terrors: Edie and Brian

FAMILY

Harold and the Purple Crayon

7.15am, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

An adaptation of the much-loved picture book of the same name in which anything that Harold (Zachary Levi) draws with his magic crayon becomes real, much to the delight of his young friend Mel (Benjamin Bottani). A big-hearted, slickly put-together mix of live action and animation which entertains without outstaying its welcome, and delivers its uncomplicated messages without too much sentimentality. 2024, PG, 90MIN

DRAMA

Eternal Sunshine of the Spotless Mind

6.05pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Shy Jim Carrey and live-wire Kate Winslet meet on a train, but after a while she tires of him and goes to a clinic to have memories of him erased. But he can't quite bear to do the same. Charlie Kaufman won an Oscar for his brilliantly clever script that weaves a multi-layered plot of flashbacks and alternative realities. With both stars on wonderful form, this must-see treat lingers long in the mind. 2004, 15, 108MIN

16 July

one set of parents and Lisa Kudrow and Dean Norris as the other have fun playing against each other. But what starts as a fairly lame comedy of manners finally kicks off into a wild hell ride, which is brought to life by the superb cast (which also includes Parker Posey) – and reaches a hilarious nadir when Cox is possessed. 2025, 15, 94MIN

TRUE STORY DRAMA

Erin Brockovich

12.30am, Sky Hits ★★★★

Sex ●○○ Violence ●○○ Language ●●○

Loud-mouthed, divorced, broke and with three kids, Julia Roberts' Erin Brockovich talks lawyer Albert Finney into hiring her and she's soon doggedly pursuing a case involving a big corporation and contaminated water that turns into the largest direct-action lawsuit in US history. Oscar-winning Roberts is at her most appealing in this spirited, intelligent and often very funny true-story drama – and Finney is also perfect as her boss. 2000, 15, 133MIN

ADVENTURE

The Warrior

1am, Film4 ★★★★

Sex ○○○ Violence ●●○ Language ○○○

This epic adventure is based on a Japanese folk tale, but relocated to Rajasthan during its feudal past. Irfan Khan holds the screen masterfully as the title character, a brutal swordsman who renounces his violent ways but finds tragedy dogging his footsteps as he tries to get home to the Himalayas. Director Asif Kapadia straddles the earthly and the mythic with confidence. 2001, 12, 86MIN

■ Full listings start on **p75**

Thursday 17 July

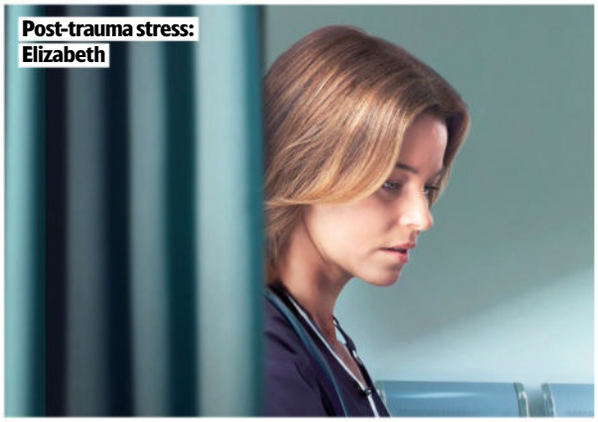
DRAMA

A Mistake

6.35am & 5.10am, Sky Hits ★★★

Sex ○○○ Violence ●●○ Language ●●○

A sombre tale set in New Zealand, in which ace surgeon Elizabeth Banks oversees a procedure on a young woman that ends in tragedy. When hospital management – headed by a supercilious Simon McBurney – looks into whether Banks was responsible for the death while also attempting to shield itself, the stoic Banks begins to unravel. This slow-burn drama gives Banks a chance to show off her acting chops and she delivers in superb fashion (wobbly Kiwi accent aside). 2024, 15, 101MIN



Post-trauma stress: Elizabeth

TEEN DRAMA

The Breakfast Club

7.35am & 1.45am, Sky Drama ★★★★

Sex ○○○ Violence ○○○ Language ●●○

While the film's sexual politics hasn't stood the test of time – particularly in the aggressive interplay between Judd Nelson's outsider and Molly Ringwald's princess – John Hughes' seminal 1980s Brat Pack movie still packs a nostalgic punch. Emilio Estevez, Anthony Michael Hall and Ally Sheedy complete the group of mismatched teens who bond during a Saturday morning detention. 1984, 15, 97MIN

THRILLER

No Exit

12.25am, Film4 ★★★

Sex ○○○ Violence ●●○ Language ●●○

Travelling to see her sick mother, but stuck in a remote visitors' centre due to a blizzard along with four others, recovering addict Darby (Havana Rose Liu) finds a girl tied up and gagged in a van – but which strandee does it belong to? It's a superb set-up, but this thriller gives the game away too early, then relies on incredulous twists. That said, it does a good job with the finale and Liu's standout turn holds it together. 2022, 15, 95MIN

ANIMATION

Turbo

4pm, Sky Animation ★★★★

Sex ○○○ Violence ○○○ Language ○○○

What could be sillier than the idea of a snail entering the Indianapolis 500 car race? That is the premise of this decidedly daft yet pleasingly nippy animated adventure. Its improbable hero is a garden snail (voiced by Ryan Reynolds) who gets to fulfil his dreams of race-track glory after a freak accident gives him super speed. A predictable tale of underdog success ensues, but the zippy animation will hold your interest. 2013, U, 96MIN

HORROR THRILLER

Spell

2.45am, C4 ★★★

Sex ○○○ Violence ●●○ Language ●●○

Omari Hardwick's swaggering corporate lawyer is travelling with his family when the private plane he is piloting crashes in a storm. He awakens to find himself injured, alone and trapped in Loretta Devine's attic. Her brand of nursing alarmingly features dark magic! Director Mark Tonderai and his stars take the premise and run with it. The result is some good, grisly fun. 2020, 15, 91MIN

■ Full listings start on **p85**

Friday 18 July

COMEDY DRAMA

Babylon

9.30pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Over the course of three lurid, frenetic hours, writer-director Damien Chazelle's film follows starlet Margot Robbie, trumpeter Jovan Adepo, dreamer Diego Calva and silent movie star Brad Pitt in 1920s Hollywood. Parties, premieres and mishap-ridden shoots vividly conjure up Tinseltown's golden silent era and reveals the depths to which those seduced by it will descend, culminating in an extraordinary psychedelic montage on the moving image's evolution. 2022, 18, 189MIN

Hollywood hellraisers: Margot, Brad and Jovan

HORROR THRILLER

The Crazies

1.25pm & 10.05pm, Sky Sci-fi/Horror ★★★★

Sex ○○○ Violence ●●● Language ●●○

In this edgy and polished remake of George A Romero's 1973 cult chiller, people in a small town suddenly start going on mindless, murderous rampages. Timothy Olyphant's sheriff and his pregnant doctor wife Radha Mitchell try to work out what's happening but, when martial law is declared and the army steps in, he leads a band of survivors fighting back while trying to get out of town. 2010, 15, 101MIN

COMEDY

Everybody Wants Some!!

2.30pm & 1.35am, Sky Buddy Films ★★★★

Sex ●●○ Violence ○○○ Language ●●○

Director Richard Linklater brings an appealingly laid-back spirit to a nostalgic comedy about a college baseball team in 1980 Texas. We follow a freshman pitcher (Blake Jenner) as he gets to know his new team mates and takes a shine to a performing arts student (Zoey Deutch). For all its breezy nonchalance, the film is a clever, subtle portrait of early manhood. 2016, 15, 116MIN

CRIME DRAMA

The Godfather

8pm, Sky Greats ★★★★★

Sex ●○○ Violence ●●● Language ○○○

The first part of director Francis Ford Coppola's Mafia trilogy is, perhaps, the ultimate Hollywood gangster movie, with its wonderful, dark intensity and the enduring image of Marlon Brando's highly stylised performance as Don Vito Corleone, the rasping godfather of a New York Mafia family. Also giving unforgettable performances are Al Pacino, John Cazale and James Caan as his sons and Robert Duvall as his lawyer. 1971, 15, 167MIN

ACTION THRILLER

Free Fire

12m't, C4 ★★★★

Sex ○○○ Violence ●●○ Language ●●●

Director Ben Wheatley has all guns blazing for this darkly comic action thriller about an arms deal that goes wrong. The setting is a deserted warehouse in 1970s Boston, where Cillian Murphy and Michael Smiley's IRA men have arrived to buy a stash of guns. The characters tend to the cartoonish, but the film has a snappy script and is ultimately stylish, smart and entertaining. 2016, 15, 91MIN

■ Full listings start on **p95**

Sport week

Your **ultimate guide** to the best of live actio

The Open Championship

Can **Rory McIlroy** lift the Claret Jug on home soil?

LIVE **GOLF**

From Thursday, Sky Sports Golf & Sky Sports Main Event

In 2005, a fresh-faced 16-year-old by the name of Rory McIlroy announced himself on the world stage when the promising young golfer shot a course-record round of 61 at the Royal Portrush Golf Club in Northern Ireland.

Fast forward 20 years, and the five-time major winner returns to his home-country course on Thursday for the first round of this year's Open Championship.

Rory McIlroy in 2014

And, having won the Masters in April to finally complete a stunning career grand slam, the 36-year-old star will be the centre of attention more than ever before.

'It will be amazing to go home and play in that atmosphere. I am really looking forward to it,' says McIlroy, who has won the Open just once before, at Royal Liverpool in 2014.

The Ulsterman believes another Claret Jug is long overdue, and he will also be determined to make amends for his only previous Open at Portrush, in 2019, when he missed the cut.

To prepare for the tournament, McIlroy took a two-week break earlier this month after admitting he has struggled for motivation since his historic Masters victory.

'I climbed my Everest in April, and after you do something like that, you've got to make your way back down and look for another mountain to climb. An Open being held at Portrush is certainly one of those,' he says.

'If I can't get motivated for an Open Championship at home then I don't know what can motivate me. I just need to get in the right frame of mind. Having had a couple of weeks off, to feel refreshed and rejuvenated, that will get me in the right place again.'

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

THE CONTENDERS

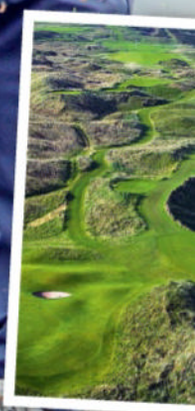
Challenging Rory McIlroy this week will be current Open champion Xander Schauffele, who triumphed last year at Royal Troon, plus world No 1 Scottie Scheffler, who has yet to win the tournament.

Look out, too, for British stars Justin Rose, who lost the 2025 Masters play-off to McIlroy; Robert MacIntyre, runner-up in the US Open in June; and the in-form Tommy Fleetwood and Tyrrell Hatton.

The field also includes amateur champion Ethan Fang of the USA, who won his Open place last month.

Xander Schauffele

Shane Lowry and Scottie Scheffler



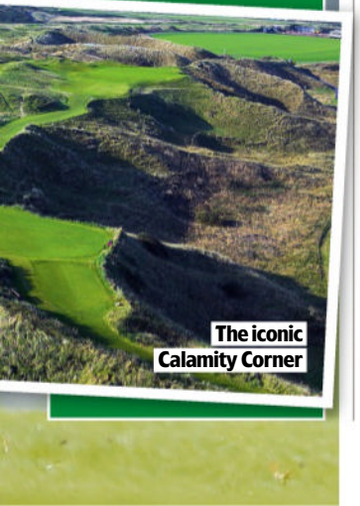
THE MAIN EVENT

THE COURSE

Located on the stunning north County Antrim coast, the Dunluce Links at Royal Portrush has staged the Open twice before, in 1951 when England's Max Faulkner triumphed, and in 2019, when Ireland's Shane Lowry stormed to victory in front of a jubilant crowd.

The course has changed little in the past six years, with just a few minor tweaks, including to the par-three 16th, dubbed Calamity Corner, which has been extended by 35 yards.

Last time, the event attracted 237,750 spectators, setting a new attendance record for a championship held outside St Andrews, and organisers are expecting similar numbers again.



The iconic Calamity Corner

England's Alessia Russo and Wales' Jess Fishlock

LIVE FOOTBALL

England v Wales

Sunday, kick-off 8pm, ITV1 & S4C

It's the 'Battle of Britain' on Sunday evening as England and Wales lock horns in a fixture that could make or break their Women's Euro 2025. After tough fixtures against the Netherlands and France, the Group D rivals will be desperate for points in St Gallen as they bid to qualify for the tournament's knockout phase (see page 33). Wales have never beaten England, but can veteran Jess Fishlock provide a moment of magic, or will Alessia Russo grab glory for the Lionesses? 'It will be a tough match for Wales,' predicts former England midfielder Karen Carney, who'll be analysing the action for ITV. 'It's about whether they can grind out a result.'

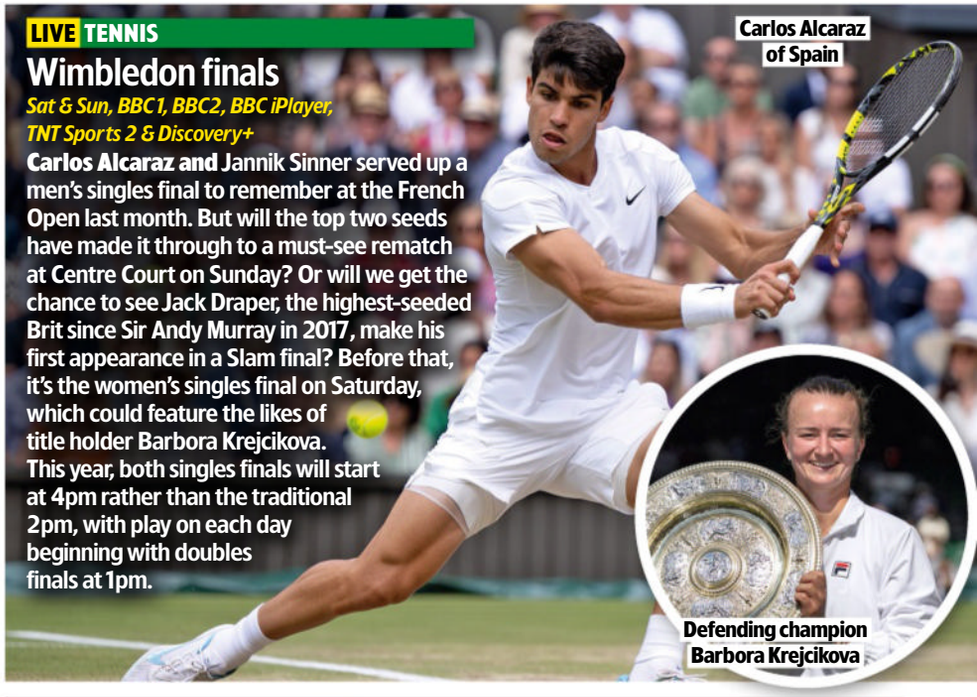
The Lions' Finn Russell

LIVE RUGBY UNION

Invitational Australia & New Zealand XV v British & Irish Lions

Sat, kick-off 11am, Sky Sports Action & Sky Sports Main Event

After beginning with a 54-7 win over Western Force last month, the Lions conclude their warm-up matches at the Adelaide Oval against an Anzac XV of Wallabies and All Blacks players ahead of the opening Test against Australia (don't miss next week's issue for our essential guide). Also on Saturday, Argentina host England in the last of a two-Test tour (8.40pm, Sky Sports Action & Sky Sports Main Event).



Carlos Alcaraz of Spain

Defending champion Barbora Krejcikova

LIVE TENNIS

Wimbledon finals

Sat & Sun, BBC1, BBC2, BBC iPlayer, TNT Sports 2 & Discovery+

Carlos Alcaraz and Jannik Sinner served up a men's singles final to remember at the French Open last month. But will the top two seeds have made it through to a must-see rematch at Centre Court on Sunday? Or will we get the chance to see Jack Draper, the highest-seeded Brit since Sir Andy Murray in 2017, make his first appearance in a Slam final? Before that, it's the women's singles final on Saturday, which could feature the likes of title holder Barbora Krejcikova. This year, both singles finals will start at 4pm rather than the traditional 2pm, with play on each day beginning with doubles finals at 1pm.

Italian rider Nicolò Bulega

LIVE MOTORCYCLING

Superbike World Championship

Saturday & Sunday, TNT Sports 3

There hasn't been much for British fans to shout about this season, but there will be a huge crowd cheering on home favourites such as identical twins Sam and Alex Lowes at Donington Park over the weekend. Between them, Turkey's reigning champion Toprak Razgatlıoğlu and Italy's Nicolò Bulega have won all but one of this season's 18 races, with Bulega leading the standings by nine points.

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Sport week A-Z GUIDE

AUSTRALIAN RULES

LIVE GWS Giants v Geelong Cats
Sat 7am TNT Sports 1
The AFL match at ENGIE Stadium.

LIVE Melbourne Demons v North Melbourne
Sat 4am TNT Sports 3
The AFL game from Melbourne.

LIVE St Kilda Saints v Sydney Swans
Sun 6am TNT Sports 4
The AFL match at Marvel Stadium.

LIVE Port Adelaide Power v West Coast Eagles
Sun 7.30am TNT Sports 1
The AFL fixture from Adelaide Oval.

LIVE Essendon Bombers v GWS Giants
Thu 10.15am TNT Sports 2
The AFL game at Marvel Stadium.

LIVE Brisbane Lions v Western Bulldogs
Fri 10.30am TNT Sports 4
The AFL match from Brisbane.

LIVE Hawthorn Hawks v Port Adelaide Power
Fri 4am TNT Sports 1
The AFL game at UTAS Stadium.

BASEBALL

LIVE New York Yankees v Chicago Cubs
Sat 6pm TNT Sports 1
The MLB inter-league fixture.

LIVE San Francisco Giants v Los Angeles Dodgers
Sat 9pm TNT Sports 3
The MLB National League game.

LIVE Houston Astros v Texas Rangers
Sat 12.30am TNT Sports 3
MLB American League West match.

LIVE Boston Red Sox v Tampa Bay Rays
Sun 6.30pm TNT Sports 1
MLB American League East game.

LIVE San Diego Padres v Philadelphia Phillies
Sun 9pm TNT Sports 2
The MLB National League match.

LIVE MLB Home Run Derby
Mon 1am TNT Sports 1
From Truist Park in Atlanta, Georgia.

LIVE MLB All-Star Game
Tue 1am TNT Sports 1
From Truist Park in Atlanta, Georgia.

LIVE Chicago Cubs v Boston Red Sox
Fri 7pm TNT Sports 1
The MLB inter-league match.

Rugby league
St Helens star Jonny Lomax should be on show against Leigh Leopards on Thursday

LIVE New York Mets v Cincinnati Reds
Fri 12m't TNT Sports 1
The MLB National League game.

LIVE Seattle Mariners v Houston Astros
Fri 3am TNT Sports 2
MLB American League West match.

BASKETBALL

LIVE Chicago Sky v Minnesota Lynx
Sat 6pm TNT Sports 3
WNBA match from Wintrust Arena.

COMBAT SPORTS

LIVE Fight Night Prelims
Sat 12m't TNT Sports 1

LIVE Derrick Lewis v Tallison Teixeira
Sat 2am TNT Sports 1
The heavyweight bout staged at Bridgestone Arena in Nashville.

CRICKET

LIVE England v India
Sat 10am, Sun & Mon 10.15am Sky Sports Cricket; Sat 2pm, Sun & Mon 10.15am Sky Sports Main Event
Days three to five of the third Test in the five-match series from Lord's.

LIVE England v India
Sat 6.30pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
The fifth and final Women's T20 from Edgbaston, Birmingham.

LIVE West Indies v Australia
Sat, Mon & Tue 7.15pm TNT Sports 2; Sun 7.15pm TNT Sports 3; Wed 7.15pm TNT Sports 1
Days one to five of the third and final Test from Sabina Park.

LIVE Sri Lanka v Bangladesh
Sun 4.15pm TNT Sports 3
The second T20 from Dambulla.

LIVE Durham v Surrey
Tue 2.25pm Sky Sports Cricket & 2.30pm Sky Sports Main Event
The women's T20 Blast group match from the Riverside Ground.

LIVE Durham v Leicestershire Foxes
Tue 6.25pm Sky Sports Cricket & 6.30pm Sky Sports Main Event
The T20 Blast north group match from the Riverside Ground.

LIVE England v India
Wed 12.30pm Sky Sports Main Event & Sky Sports Cricket
The first women's ODI in the three-match series at the Rose Bowl.

LIVE Sri Lanka v Bangladesh
Wed 2.45pm TNT Sports 2
The third T20 at Ranasinghe Premadasa Cricket Stadium.

LIVE Middlesex v Surrey
Wed 6.10pm Sky Sports+
The T20 Blast south group match staged at Lord's in London.

LIVE Yorkshire Vikings v Lancashire Lightning
Thu 6pm Sky Sports Cricket
The T20 Blast north group game from Headingley Cricket Ground.

LIVE T20 Blast
Fri 6pm Sky Sports Cricket

CYCLING

LIVE UCI Mountain Bike World Series
Sat 11.30am TNT Sports 4
The DHI Elite finals in Pal Arinsal.

LIVE Tour de France
Sat-Mon, Wed & Thu 12noon, Fri 11.30am TNT Sports 1; Sat-Mon & Wed-Fri 2pm S4C; Sat & Sun, Wed-Fri 2pm, Mon 12noon ITV4
The eighth to 13th stages in France.

LIVE UCI Mountain Bike World Series
Sun 10am TNT Sports 4
XCO Olympic Elite races in Andorra.

GAELIC GAMES

LIVE Kerry v Tyrone
Sat 4.25pm BBC2 (N Ireland only)

LIVE Meath v Donegal
Sun 3.30pm BBC2 (N Ireland only)

GENERAL SPORTS

LIVE World University Games
Thu & Fri 6pm TNT Sports 4

GOLF

LIVE Evian Championship
Sat & Sun 9am Sky Sports Golf & Sky Sports Mix
Days three and four in France.

LIVE Genesis Scottish Open
Sat & Sun 10am Sky Sports+ & 3pm Sky Sports Golf; Sun 6.30pm Sky Sports Main Event
The third and fourth days from Renaissance Club in North Berwick.

LIVE ISCO Championship
Sat & Sun 9pm Sky Sports Golf; Sat 10.40pm & Sun 9pm Sky Sports Main Event
The third and fourth days from Hurstbourne Country Club Championship Course in Louisville.

LIVE The Open
Mon-Wed 9am & 2pm Sky Sports Golf; Tue & Wed 9am Sky Sports Main Event
Practice sessions at Royal Portrush.

LIVE The Open
Thu 6.30am Sky Sports Main Event & Sky Sports Golf
The first day of the Major at Royal Portrush Golf Club. See p28.

LIVE Barracuda Championship
Thu & Fri 10pm Sky Sports Main Event & Sky Sports Golf
Days one and two staged at Tahoe Mountain Club in Truckee, California.

LIVE The Open
Fri 6.30am Sky Sports Main Event & Sky Sports Golf
Day two of the Major staged at Royal Portrush Golf Club, County Antrim.

HORSE RACING

LIVE Newmarket
Sat 1.30pm ITV1

MINORITY SPORTS

LIVE IFSC Climbing World Cup
Sat 8pm TNT Sports 4

MOTORCYCLING

LIVE MotoGP
Sat 7.30am TNT Sports 2
Grand Prix of Germany Moto2 and Moto3 second free practice sessions.

LIVE MotoGP session
Sat 9am TNT Sports 2
The Grand Prix of Germany MotoGP qualifying session at Sachsenring.

LIVE Superbike World Championship
Sat 9am, 10.30am & 1.15pm, Sun 10.30am & 1.15pm TNT Sports 3
From Donington Park. See p29.

LIVE MotoGP
Sat 11.45am TNT Sports 2
The Grand Prix of Germany Moto2 and Moto3 qualifying sessions.

LIVE The Grand Prix of Germany MotoGP sprint race
Sat 1.45pm TNT Sports 2

LIVE MotoGP Northern Talent Cup
Sun 7.30am TNT Sports 3
Grand Prix of Germany second race.

LIVE MotoGP
Sun 8.30am TNT Sports 2
Grand Prix of Germany warm-up.

LIVE The Grand Prix of Germany Moto3 race
Sun 9am TNT Sports 2
From Sachsenring in Chemnitz.

LIVE The Grand Prix of Germany Moto2 race
Sun 11am TNT Sports 2
From Sachsenring in Chemnitz.

LIVE The Grand Prix of Germany MotoGP race
Sun 12.15pm TNT Sports 2
The 11 th round of the season at Sachsenring in Chemnitz, Germany.

LIVE Sheffield Tigers v Oxford Spires
Mon 7.30pm TNT Sports 1
The British Speedway round eight.

LIVE MotoGP
Fri 8am & 12.15pm TNT Sports 2
The Grand Prix of Czechia MotoGP, Moto2 and Moto3 first free practices and first practices.

MOTORSPORT

LIVE V8 Supercars Championship
Sat 6am TNT Sports 3; Sun 6am TNT Sports 2

LIVE Formula E
Sat 8am TNT Sports 4
Berlin ePrix second free practice.

LIVE Women's Circuit Racing World Championship
Sat & Sun 12noon TNT Sports 3
Races one and two at Donington Park.

LIVE Formula E
Sat 3.15pm TNT Sports 4
The Berlin ePrix opening race.

LIVE British GT Championship
Sat 3.30pm, Sun 10.35am & 3.20pm Sky Sports F1

LIVE Indycar
Sat 5pm & 10pm Sky Sports F1
The Synk 275 at Iowa Speedway.

LIVE Indy NXT
Sat 6.30pm Sky Sports F1
The Grand Prix at Road America.

LIVE FIA World Endurance Championship
Sun 3pm TNT Sports 4
The Six Hours of Sao Paulo.

LIVE Indycar
Sun 6pm Sky Sports F1
Farm to Finish 275 in Newton, Iowa.

LIVE NASCAR
Sun 8pm Premier Sports 1
The Toyota/Save Mart 350.

LIVE World Rally Championship
Thu 6pm TNT Sports 1; Fri 7am, 9.45am, 1.30pm, 4pm & 5.15pm TNT Sports 3

LIVE Indycar
Fri 8pm Sky Sports F1

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 3

RUGBY LEAGUE

LIVE St George Illawarra Dragons v Sydney Roosters
Sat 6.15am Sky Sports+

LIVE North Queensland Cowboys v Newcastle Knights
Sat 8.15am Sky Sports+

LIVE New Zealand Warriors v Parramatta Eels
Sat 2.50am Sky Sports Mix

LIVE Gold Coast Titans v Brisbane Broncos
Sun 7am Sky Sports Mix

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Football planner

LIVE Parramatta Eels v Penrith Panthers
Sun 7.05am Sky Sports Main Event & Sky Sports Action

LIVE Gold Coast Titans v Brisbane Broncos
Sun 9.15am Sky Sports Action

LIVE St Helens v Leigh Leopards
Thu 7.30pm Sky Sports Action (kick-off 8pm)
The Super League match at Totally Wicked Stadium.

LIVE Huddersfield Giants v Wakefield Trinity
Fri 7.55pm Sky Sports+ (kick-off 8pm)
The Super League game from John Smith's Stadium.

LIVE Canberra Raiders v Parramatta Eels
Fri 3.45am Sky Sports Mix

RUGBY UNION

LIVE Japan v Wales
Sat 6.30am S4C (kick-off 6.50am)
The second Test from Kobe.

LIVE New Zealand v France
Sat 7.55am Sky Sports Action & 8am Sky Sports Main Event (kick-off 8.05am)
The second Test in Wellington.

LIVE Invitational Australia & New Zealand XV v British & Irish Lions
Sat 10am Sky Sports Main Event & Sky Sports Action (kick-off11am)
The warm-up match staged at Adelaide Oval. See p29.

LIVE South Africa v Italy
Sat 3.50pm Sky Sports Action (kick-off 4.10pm)
The second Test from Gqeberha.

LIVE Argentina v England
Sat 8.30pm Sky Sports Main Event & Sky Sports Action (kick-off 8.40pm)
The second Test in San Juan.

LIVE Samoa v Scotland
Fri 9am Premier Sports 2 (kick-off 9.05am)
The one-off Test in Auckland.

TENNIS

LIVE Wimbledon
Sat 11am BBC2
Wheelchair finals on the 13th day.

LIVE Wimbledon
Sat 12.15pm BBC1
The men's doubles final on day 13.

LIVE Wimbledon
Sat 3.30pm TNT Sports 2 & 4pm BBC1
The ladies' singles final staged at the All England Club. See p29.

LIVE Wimbledon
Sun 11am BBC2
The start of the 14th and final day.

LIVE Wimbledon
Sun 1.05pm BBC1
The ladies' doubles final on day 14.

LIVE Wimbledon
Sun 3.30pm TNT Sports 2 & 4pm BBC1
The men's singles final. See p29.

LIVE ATP Swiss Open Gstaad
Mon 9.30am, Wed & Thu 6pm Sky Sports Tennis

LIVE ATP Los Cabos Open
Mon-Thu 2am, Fri 3.30am Sky Sports Tennis; Thu 2am Sky Sports+

LIVE CLUB WORLD CUP

Final

Sunday, kick-off 8pm, 5 & DAZN

The MetLife Stadium in New Jersey stages the showpiece of the summer tournament, with the winners set to receive prize money of up to £97 million. Chelsea were still in contention as we went to press, with new signing Liam Delap scoring his first goal for the Blues in the group stage.

LIVE WOMEN'S EURO 2025

Netherlands v France

Sunday, kick-off 8pm, ITV4

As home nations England and Wales clash in St Gallen, Group D's other concluding tie kicks off in Basel. Among the WSL stars who could feature are Everton's French striker Kelly Gago, and Manchester City's Vivianne Miedema and Kerstin Casparij for the Netherlands.

LIVE WOMEN'S EURO 2025

Quarter-finals

Wednesday-Friday, kick-offs 8pm, BBC1 & ITV1

Euro 2025 reaches the knockout stage this week, with a quarter-final tie each day from Wednesday to Saturday 19 July. If England or Wales finish second in Group D, they will face the winners of Group C (Germany, Poland, Sweden or Denmark) in Zurich on Thursday.

Saturday 12

LIVE Hearts v Dunfermline
5pm Premier Sports 1 (kick-off 5.15pm)
The Scottish League Cup Group E match staged at Tynecastle.

LIVE Sweden v Germany
7.10pm ITV1 (kick-off 8pm)
Both teams' concluding Women's Euro 2025 match in Group C at Stadion Letzigrund. Germany have won 11 and lost just three of the 16 meetings between the sides, but it was Sweden who won the last high-profile contest involving the nations, prevailing 2-1 in the quarter-finals of the 2019 World Cup and going on to finish third in the tournament. They both enjoyed strong runs in the last staging of this competition in 2022, with Sweden reaching the semi-finals and Germany going one better, before both succumbed to hosts England, and were the two pre-tournament favourites to progress from this group. With analysis from Eni Aluko and Vicky Losada, and commentary by Sam Matterface and Siobhan Chamberlain.

LIVE Poland v Denmark
7.10pm ITV4 (kick-off 8pm)
Both teams' concluding match in Group C of the Women's Euro 2025 at Allmend Stadion Luzern. The sides have not met since a 6-0 home win for Denmark in 2016, but Poland will look to show how much they have improved since then, having gone into this tournament in good form. With the pre-tournament favourites to progress from this group, Sweden and Germany, contesting this evening's other match, it is likely that either one of these teams will need a positive result this evening.

LIVE Charlotte v New York City
Apple TV+ (kick-off 12.30am)
MLS at the Bank of America Stadium.

LIVE FC Cincinnati v Columbus Crew
Apple TV+ (kick-off 12.30am)
MLS game at the TQL Stadium.

LIVE Inter Miami v Nashville
Apple TV+ (kick-off 12.30am)
The MLS game at Chase Stadium.

LIVE Orlando City v CF Montréal
Apple TV+ (kick-off 12.30am)

LIVE Philadelphia Union v New York Red Bulls
Apple TV+ (kick-off 12.30am)

LIVE Toronto v Atlanta United
Apple TV+ (kick-off 12.30am)

LIVE Austin v New England Revolution
Apple TV+ (kick-off 1.30am)

LIVE Chicago Fire v San Diego
Apple TV+ (kick-off 1.30am)

LIVE Sporting Kansas City v Seattle Sounders
Apple TV+ (kick-off 1.30am)

LIVE Minnesota United v San Jose Earthquakes
Apple TV+ (kick-off 1.30am)

LIVE Colorado Rapids v Vancouver Whitecaps
Apple TV+ (kick-off 2.30am)

LIVE Real Salt Lake v Houston Dynamo
Apple TV+ (kick-off 2.30am)

LIVE LA Galaxy v DC United
Apple TV+ (kick-off 3.30am)

LIVE Los Angeles FC v FC Dallas
Apple TV+ (kick-off 3.30am)

Sunday 13

LIVE Preston North End v Liverpool
2.50pm ITV1 (kick-off 3pm)
The pre-season friendly staged at Deepdale. Preston finished 15th in the Championship last term and will look forward to testing themselves against the reigning Premier League champions, who have further strengthened their squad over the summer by signing the likes of full-backs Milos Kerkez and Jeremie Frimpong and attacking midfielder Florian Wirtz.

LIVE Club World Cup
6.30pm 5 & 8pm DAZN (kick-off 8pm)
The final staged at MetLife Stadium in East Rutherford, New Jersey. Manchester City entered this tournament as the defending champions, having defeated Fluminense 4-0 in the 2023 final in Jeddah. However, in the first staging of the competition since it was expanded, they were dramatically beaten 4-3 by Al Hilal in extra time in the last 16 this time around.

LIVE England v Wales
7pm ITV1 & 7.15pm S4C (kick-off 8pm)
Both teams' third and final Women's Euro 2025 Group D match staged at Arena St Gallen in Switzerland. England are the reigning European champions, while Wales are playing in this tournament for the first time. Given this group also contains two other strong, experienced sides in France and the Netherlands, few will have expected Wales to still be in with a chance of progressing going into this contest, but they will be determined to upset the odds against their rivals. The sides have not met since two World Cup qualifiers in 2018, when Wales earned a surprising goalless draw in Southampton, before the Lionesses prevailed 3-0 in Newport. See p29.

LIVE Netherlands v France
7pm ITV4 (kick-off 8pm)
Both teams' third and final Women's Euro 2025 Group D match staged at St Jakob-Park in Basel. The Dutch are looking to regain the title they won on home soil in 2017, but face a tough test this evening against a French side who have found trophies hard to come by. The teams met in the last eight of this competition three years ago in England, with Ève Périsset's strike in extra time giving France a 1-0 win, and another closely fought contest is anticipated.

LIVE St Louis City v Portland Timbers
Apple TV+ (kick-off 12m't)

Tuesday 15

LIVE KF Shkendija v The New Saints
6.45pm S4C (kick-off 7pm)
The Champions League first qualifying round second leg at Toše Proeski Arena in North Macedonia.

Wednesday 16

LIVE Women's Euro 2025
7.15pm ITV1/7.30pm BBC1 (kick-off 8pm)
The opening quarter-final at Stade de Genève. England looked to be heading out against Spain at this stage in 2022, but an 84th-minute equaliser from Ella Toone and Georgia Stanway's extra-time strike gave the Lionesses a 2-1 win, and they went on to lift the trophy. Spain could be involved in this match should they have finished second in a group containing Portugal, Belgium and Italy, but they were fancied to top the table having won the World Cup and Nations League since that setback against Sarina Wiegman's side three years ago.

LIVE Kilmarnock v Livingston
7.30pm Premier Sports 1 (kick-off 7.45pm)
Scottish League Cup Group H game at Rugby Park.

LIVE Atlanta United v Chicago Fire
Apple TV+ (kick-off 12.30am)

LIVE Charlotte v DC United
Apple TV+ (kick-off 12.30am)

LIVE FC Cincinnati v Inter Miami
Apple TV+ (kick-off 12.30am)

LIVE New York Red Bulls v New England Revolution
Apple TV+ (kick-off 12.30am)

LIVE Orlando City v New York City
Apple TV+ (kick-off 12.30am)

LIVE Philadelphia Union v CF Montréal
Apple TV+ (kick-off 12.30am)

LIVE Houston Dynamo v Vancouver Whitecaps
Apple TV+ (kick-off 1.30am)

LIVE Minnesota United v Los Angeles FC
Apple TV+ (kick-off 1.30am)

LIVE Nashville v Columbus Crew
Apple TV+ (kick-off 1.30am)

LIVE Seattle Sounders v Colorado Rapids
Apple TV+ (kick-off 2.30am)

LIVE LA Galaxy v Austin
Apple TV+ (kick-off 3.30am)

LIVE Portland Timbers v Real Salt Lake
Apple TV+ (kick-off 3.30am)

LIVE San Diego v Toronto
Apple TV+ (kick-off 3.30am)

LIVE San Jose Earthquakes v FC Dallas
Apple TV+ (kick-off 3.30am)

Thursday 17

LIVE Women's Euro 2025
7.15pm ITV1/7.30pm BBC1 (kick-off 8pm)
The second quarter-final at Stadion Letzigrund. Germany were the second team to book their place in the semi-finals in 2022 after goals by Lina Magull and Alexandra Popp gave them a 2-0 win over Austria, and they went on to finish the tournament as runners-up to England. A repeat of that final is possible this evening should the Germans top their group and the Lionesses finish second in theirs.

Friday 18

LIVE Women's Euro 2025
7.15pm ITV1/7.30pm BBC1 (kick-off 8pm)
The third quarter-final at Stadion Wankdorf in Bern. Sweden claimed a hard-fought 1-0 win over Belgium at this stage at Euro 2022, thanks to Linda Sembrant's strike in stoppage time of the second half.

PHOTOS: GETTY

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Saturday

12 July

Evening Planner

Tennis

Wimbledon Finals

BBC1, BBC2 & BBC iPlayer, from 11am

It's finals weekend at the All England Club, and today's order of play includes the ladies' singles and men's doubles finals.

Music

Live Aid: The Concert

BBC2, 6pm & 9.25pm (times vary)

To mark the 40th anniversary of the charity concerts, sit back and enjoy highlights from London and Philadelphia.

Documentary

1977: When Virginia Wade Won Wimbledon

5, 7pm

Looking back to when Wade became champion in Wimbledon's centenary year.

OnDemand

Ladies in Black

Available today

Australian drama about employees at a Sydney department store set during the Swinging Sixties.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 News	7.20 Pointless Celebrities	8.05 Celebrity Bridge of Lies	8.50 Casualty	9.40 Not Going Out	10.10 News	10.30 Kevin Bridges...	
	102 BBC2	‹ 6.00 Live Aid at 40: The Concert – Part 1				9.25 Live Aid at 40: The Concert – Part 2			
	103 ITV1		7.10 Football: Women's Euro 2025 – Live: Sweden v Germany (Kick-off 8.00)					10.20 News	10.40 Suspicion
	104 CHANNEL 4		7.10 Mysteries of Stonehenge			9.00 Film: A Man Called Otto			
	105 5	7.00 1977: When Virginia Wade Won...		8.00 Highgrove House: The King's Private...		9.00 William & Kate: The Royal Wedding Minute by Minute		10.30 1979: Those...	
	106 SKY SHOWCASE	7.00 Film: Man of Steel					9.40 Rob & Romesh vs Andy Murray		10.40 Poker...
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Two Pints of Lager and a Packet of...		10.00 Film: 28 Days Later	
	116 BBC4	7.00 Today at the Test		8.00 Today at Wimbledon		9.00 Miss Marple: The Moving Finger			10.35 The Gone
	118 ITV2	‹ 6.35 Film: Star Trek Beyond				9.00 Love Island: Unseen Bits		10.05 Olivia Attwood: The Price of...	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Blue Bloods		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.45 Game of Thrones				9.00 The White Lotus		10.10 The Gilded Age	
	110 U&GOLD	7.00 Gavin & Stacey				9.00 Mrs Brown's Boys	9.40 Men Behaving Badly		
	111 U&DAVE		7.05 Red Dwarf			9.00 The Office		10.20 Extras	
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4		7.10 Football: Women's Euro 2025 – Live: Poland v Denmark (Kick-off 8.00)					10.10 Tour de France Highlights	
	112 COMEDY CENTRAL	‹ 6.55 Film: You, Me and Dupree				9.00 Film: Men in Black			
	139 SKY SCI-FI		7.05 Star Trek: Voyager						
	113 SKY MAX	‹ 6.45 The Walking Dead		8.00 Joe Lycett's United States of...		9.00 A League of Their Own		10.00 Creature Commandos	
	109 U&ALIBI	7.00 Hudson & Rex		8.00 Death in Paradise				10.05 My Life Is Murder	
	130 SKY ARTS	7.00 Simon & Garfunkel: Old Friends – Live on Stage					9.30 Paul Simon: In Restless Dreams		
	132 U&W	7.00 First Responders				9.00 Ghosts			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush: Mine Rescue with Freddy...		8.00 Blowing Up History		9.00 Naked and Afraid: Last One Standing			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Tanked: Unfiltered	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 World's Greatest Treasure Mysteries				9.00 Airport Security: USA			
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 Classic Car Kings	
	121 SKY DOCS	7.00 Elizabeth Taylor: The Lost Tapes				9.00 My Mom Jayne			
FILMS – Sky Cinema	301 PREMIERE	7.00 Wicked					9.40 Gladiator II		
	302 2025 RECAP	‹ 5.20 Wicked		8.00 Furiosa: A Mad Max Saga				10.30 Cleaner	
	303 EPIC WORLDS	‹ 5.50 The Mummy		8.00 Wonka				10.00 Wicked	
	304 GREATS	‹ 6.20 The Golden Child		8.00 HouseSitter			9.50 48 Hrs		
	305 ANIMATION		7.10 Penguins of Madagascar		8.50 The Nut Job			10.25 Tad the Lost...	
	306 FAMILY		7.10 Cats & Dogs		8.45 IF			10.35 Harriet...	
	307 ACTION	‹ 5.30 Aquaman		8.00 Twisters				10.05 Django Unchained	
	308 COMEDY	‹ 6.10 Beetlejuice Beetlejuice		8.00 Crazy Rich Asians				10.05 Zombie Town	
	309 THRILLER	‹ 6.30 Mob Cops		8.00 Ocean's Eleven				10.05 Chinatown	
	310 DRAMA	‹ 5.35 Jerry Maguire		8.00 Funny Face			9.45 Sabrina		
	311 SUPERMAN	‹ 6.50 Superman II				9.00 Superman III			
	313 FILM4	‹ 6.45 Jumanji: Welcome to the Jungle				9.00 Moonfall			
SPORT	401 MAIN EVENT	‹ 6.30 Women's International T20 Cricket – Live: England v India			8.30 International Rugby Union – Live: Argentina v England (Kick-off 8.40)				10.40 PGA...
	402 PREMIER LEAGUE	7.00 MNF: Wayne...	7.30 MNF Special	8.00 Transfer 360		9.00 Gary Neville's Soccerbox		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Championship Retro		8.00 Henrik Larsson: 20 Years On		9.00 EFL Greatest Games		10.00 EFL Cup Highlights	
	404 CRICKET	‹ 6.30 Women's International T20 Cricket – Live: England v India						10.00 Best of ICC WT20	
	410 TNT SPORTS 1	‹ 6.00 MLB – Live: New York Yankees v Chicago Cubs (Start-time 6.05)					9.15 MLB: Off the Bat	10.00 Wimbledon	
	411 TNT SPORTS 2		7.15 Test Cricket – Live: West Indies v Australia						

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition Matt Tebbutt is joined by chefs Ran Shmueli, Richard Bainbridge and Crystelle Pereira, and singer and actor Vanessa Williams. (S)
11.30 **The Great Food Guys** Nick Nairn and Dougie Vipond go al fresco, making smoked fish scotch eggs, and are joined by singer and actor Clare Grogan. (S)(R)(AD)
12.00 NOON **BBC News** (S)
12.15 PM LIVE **Wimbledon** Coverage of the 13th and penultimate day of the Grand Slam tournament from the All England Club. (S)
4.00 LIVE **Wimbledon** Clare Balding presents coverage of the ladies' singles final on day 13 of the Grand Slam tournament staged at the All England Club. (S)

8.50 Casualty

6 PM LIVE **Wimbledon** (started at 4.00pm)

7 PM
7.00 **BBC News** (S)
7.10 **Local News** (S)
7.20 **Pointless Celebrities** Contestants include Anton Du Beke, Emma Barton, Will Kirk, Lucia Scalisi, Eric Knowles and Caroline Hawley. (S)(R)

8 PM
8.05 **Celebrity Bridge of Lies** New edition Ross Kemp hosts the high-stakes quiz, with Sara Davies, Tyler West, Nikki Fox and Gordon Smart. (S)
8.50 **Casualty** Iain and Teddy are exposed to danger from a high-risk patient, while Ngozi battles temptation on a tough shift. (S)(AD)

9 PM
9.40 **Not Going Out** New episode *Dragon Castle:* 5/6. Lee and Lucy are extras on the set of a popular TV mini-series. (S14) (S)(AD)

10 PM
10.10 **BBC News** (S)
10.30 **Kevin Bridges: The Overdue Catch Up** A stand-up performance from Cork Opera House, filmed during the Scottish comedian's 2023 tour. (S)(R)
11.30 **TRNSMT** New edition Highlights of the second day, featuring Biffy Clyro and Fontaines DC. (S)
1.30 AM **In the Arena: Serena Williams** New edition 7/8. Serena finds love off the court with Reddit co-founder Alexis Ohanian. (S)(AD)
2.15 Series finale 8/8. Serena steps back onto the court. (S)(AD)
■ Entire series on BBC iPlayer
3.00 **Weather for the Week Ahead** (S)
3.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Children's Programmes**
9.00 **Around the World in 80 Gardens** Monty Don visits the private oasis of Brazilian artist Burle Marx. (S)(R)
10.00 **Earth's Wildest Waters: The Big Fish** The five remaining anglers travel to Costa Rica. (S)(R)(AD)
11.00 LIVE **Wimbledon** Coverage of wheelchair finals on the 13th day of the Grand Slam Tournament from the All England Club. (S)
12.50 PM **Best Bakes Ever** (S)(R)
1.35 **Natural World: Butterflies – A Very British Obsession** (S)(R)
2.20 FILM **Battle of Britain** World War Two drama starring Michael Caine. (S) (1969, PG, 125min) ★★★
4.25 **The Great House Revival** A couple restore what they think is a modest Georgian farmhouse. (S)(R)
5.15 **Flog It!** From Norfolk. (S)(R)

2.20 Battle of Britain

6 PM **6.00** **Live Aid at 40: The Concert – Part 1** 1/2. Extended highlights of the London and Philadelphia concerts in July 1985, which were organised by Bob Geldof following the success of Band Aid single *Do They Know It's Christmas?* and in response to the continuing famine in Ethiopia. This first of two programmes features performances by Status Quo, U2, Dire Straits, Sting, Spandau Ballet and Phil Collins, as well as rarely seen backstage footage. (S)(R)

9.25 **Live Aid at 40: The Concert – Part 2** 2/2. Second of two programmes of highlights from the concerts at London's Wembley Stadium and John F Kennedy Stadium in Philadelphia in July 1985, with performances by Queen, David Bowie, Madonna, and Mick Jagger and Tina Turner, as well as more backstage footage and interviews with stars. (S)(R)

1.05 AM **Golf: Scottish Open Highlights** Action from the third day of the DP World Tour Rolex Series event, held at Renaissance Club in North Berwick. (S)
2.05 **Sign Zone: Live Aid at 40: When Rock 'n' Roll Took on the World** 1/3. The story of the 1985 charity concerts, looking at this historic event and its legacy in Britain, America and Africa. (S)(R)(AD)
3.05 **to 6.20** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Ainsley's Food We Love** (S)(R)
6.30 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition With comedian Stephen K Amos. (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Leigh Francis. (S)(R)
11.40 **John and Lisa's Weekend Kitchen** New edition John Torode and Lisa Faulkner celebrate rice. (S)
12.40 PM **Raymond Blanc's Royal Kitchen Gardens** (S)(R)(AD)
1.10 **ITV News** (S)
1.30 LIVE **Racing** Day three of the July Festival from Newmarket, plus action from York and Ascot. (S)
5.10 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
5.45 **ITV News** (S)

10.40 Suspicion

6 PM
6.00 **Local News** (S)
6.10 **The Chase Celebrity Special** Mark Chapman, Gillian Joseph, Ryan Sidebottom and Fred MacAulay work as a team to take on a Chaser and secure a cash prize for their chosen charities. (S)(R)(AD)

7 PM
7.10 LIVE **Football: Women's Euro 2025** Sweden v Germany: Seema Jaswal presents all the action from both teams' concluding match in Group C, held at Stadion Letzigrund in Zurich. They both enjoyed strong runs in the last staging of this competition in 2022, with Sweden reaching the semi-finals and Germany going one better, before both eventually succumbed to hosts England, and were the two pre-tournament favourites to progress from this group. With analysis from Eni Aluko and Vicky Losada, and commentary by Siobhan Chamberlain. Kick-off is at 8.00. (S)
■ Poland v Denmark is on ITV4.

10 PM
10.20 **ITV News** (S)
10.40 **Suspicion** New episode 4/8. Eddie teams up with Aadesh to clear their names. (S1) (S)(AD)

11.45 NEW SERIES **From the Ground Up** 1/6. Following Ian Wright's involvement in launching a girls' team at his childhood club. (S)
12.40 AM **Teleshopping**
3.00 **Noel Edmonds' Kiwi Adventure** 3/3. Noel and Liz fight to turn their business around. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tour de France Highlights** Stage eight. (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.10 AM **Cheers** 17-20/22. (S1) (S)(R)
8.00 **Everybody Loves Raymond** (S)(R)
8.55 **Frasier** 5-7/24. (S5) (S)(R)(AD)
10.25 **The Simpsons** (S)(R)(AD)
12.25 PM **Four in a Bed** Five editions of the B&B challenge. (S)(R)
3.00 FILM **Little Women** Greta Gerwig's adaptation of Louisa May Alcott's novel, starring Saoirse Ronan, Emma Watson, Florence Pugh and Eliza Scanlen. The story of the March sisters – four young women, each determined to live life on her own terms. (S)(AD) (2019, U, 160min) ★★★★★
5.40 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer visit Nilesh and Raakhee in Maidenhead to help them decide whether to love and renovate their home or list it for sale. (S)(R)(AD)

9.00 A Man Called Otto

6 PM **6.40** **News** (S)

7 PM **7.10** **Mysteries of Stonehenge** 1/3. Documentary series exploring places with a mysterious past through a combination of history, archaeology and mythology, starting with Stonehenge. Experts explore the recent revelation that one of the sacred stones may have orginated over 1,000km away on Orkney. (S)(R)(AD)

9 PM **9.00** FILM **A Man Called Otto** Comedy drama starring Tom Hanks. A man gives up on life following the loss of his wife, but when a young family move in nearby, it turns his world around. With Mariana Treviño, Manuel Garcia-Rulfo and Rachel Keller. (S)(AD) (2022, 15, 150min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 FILM **The Mechanic** Action thriller starring Jason Statham, Ben Foster and Donald Sutherland. (S)(AD) (2011, 15, 100min) ★★
1.10 AM **Ramsay's Hotel Hell** (S)(SL)(R)
2.00 **The Simpsons** (S)(R)(AD)
4.05 **The Dog Academy** (S)(SL)(R)(AD)
5.00 **Kirstie's Fill Your House for Free**
5.15 **to 6.10** AM **Amazing Spaces: George's Icelandic Adventure** The architecture of Iceland. (S)(SL)(R)

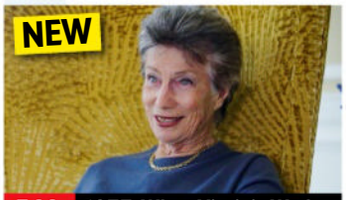
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.15 **Bargain-Loving Brits in the Sun** Four editions. (S)(R)(AD)
1.05 PM **Dogs Behaving (Very) Badly** Graeme Hall meets a potential future therapy dog for a school. (S)(R)
2.05 Graeme meets an 11-year-old beagle with an insatiable appetite. (S)(R)
3.05 Graeme travels to Essex to help bring peace to a dog-friendly pub. (S)(R)
4.05 **Reuben: Life in the Dales** Documentary focusing on Reuben Owen from *Our Yorkshire Farm*. (S)(R)
5.05 Reuben plans to train up his work force. (S)(R)



7.00 1977: When Virginia Wade...

6.00 **News** (S)
6.05 **Michael Portillo's Sicily** New edition Michael continues his exploration of the island, visiting Mondello Resort, an artisan workshop and a pop-up library. (S)
7.00 **NEW** **1977: When Virginia Wade Won Wimbledon** A look at the British tennis player's triumph in the 1977 singles championship as the UK celebrated Queen Elizabeth II's Silver Jubilee. (S)
8.00 **Highgrove House: The King's Private Home** New edition A look at King Charles III's family home, a Georgian country house that was bought by him in 1980 for less than £1 million. (S)
9.00 **NEW** **William & Kate: The Royal Wedding Minute by Minute** A look at the Prince and Princess of Wales' wedding day in 2011, with contributions from insiders, fashion experts, royal commentators and superfans. (S)
10.30 **1979: Those Were the Days** Jan Leeming narrates a look back at key events in TV, film, showbusiness and politics in 1979, including Monty Python triggering a protest with biblical parody *The Life of Brian*. (S)(R)
12.30 AM **Friends** (S7) (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Celebrity 5 Go Fishing** (S)(R)
4.15 **Friends** (S7) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **Monkey Life** (S)(R)
9.00 **The Simpsons** (S)(R)
12.00 NOON **Big Cat Country** (S)(R)
2.00 PM **David Attenborough's Galapagos** The broadcaster explores the Galapagos, a collection of volcanic islands in the Pacific known for its extraordinary wildlife. (S)(R)
3.00 The unique species that live in the isolated habitat. (S)(R)
4.00 A look at the differences between the 19 islands. (S)(R)
5.00 **Discovered by Disaster** Evidence of early human activity that was previously hidden by the landscape. (S)(R)

7.00 Man of Steel

6.00 **What on Earth?** What seems to be the face of Christ is found in a field in Hungary, and a sinister shape spotted in Afghanistan leads investigators to a hidden atrocity. (S)(R)
7.00 **FILM** **Man of Steel** Fantasy adventure exploring the origins of the iconic DC Comics character Superman, starring Henry Cavill, Amy Adams and Michael Shannon. A young outcast with superpowers must confront his destiny when aliens from his home planet threaten Earth. With Kevin Costner and Diane Lane. (2013, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.40 **Rob & Romesh vs Andy Murray** Rob Beckett and Romesh Ranganathan meet the tennis star, catching up with him as he models his sportswear range, before being pushed to their limits in a training session. (S)(R)(AD)
10.40 **Poker Face** *The End of the Road:* 12/12. Charlie goes on the run. With Rhea Perlman. (S2) (S)(R)
11.40 **The Office (US)** 10/26. Michael worries about China. (S)(R)
12.10 AM 11/26. Holly returns to the Scranton office. (S)(R)
12.40 12/26. Michael's jealousy gets the better of him. (S)(R)
1.10 13/26. Michael nervously awaits Holly's return. (S7) (S)(R)
1.35 **The Force: North East** (S)(R)
2.35 **Road Wars** (S)(R)
4.00 **Nothing to Declare** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.50pm The Chronicles of Armagh (S)(R) **9.05-10.10** **NEW** The Twelfth (S) **10.30** Casualty (S)(AD) **11.20-11.30pm** Barra on the Foyle (S)(R)

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.30pm Feast of Football (S) **11.00-11.30pm** Have I Got News for You (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
4.25pm **LIVE** All-Ireland Championship (S) **7.00** Live Aid at 40: The Concert – Part 1 (S)(R) **10.25pm-2.05am** Live Aid at 40: The Concert – Part 2 (S)(R)

WALES
Sky **968**, Freesat **968**
5.15pm A Special School (S)(R) **5.45-6.00pm** Flog It! (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Y Tralalas **6.05** Anifeiliaid Bach y Byd **6.15** Dal Dy Ddannedd **6.30** **LIVE** Clwb Rygbi Rhyngwladol **9.00** Stwnsh Sadwrn Byw **10.00** Help Llaw **10.20** Yn y Fan a'r Lle (AD) **10.55** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD) **11.25** Arfordir Cymru: Sir Benfro (AD) **11.55** Ffermio **12.30pm** Garddio a Mwy **1.00** Busnes Bwyd **2.00** **LIVE** Seiclo: Tour de France **4.25** Cwpwrdd Epic Chris **4.55** Garddio a Mwy **5.30** Cyfres Triathlon Cymru 2025 **6.30** Newyddion a Chwaraeon **6.45** Llangollen New edition **8.00** Taith y Llewod New edition **9.00** Llangollen New edition **10.30** Seiclo: Tour de France **11.00** Richard Holt: Yr Academi Felys (AD) **11.35pm-12.00m't** Ar Led

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** The Panesars are in crisis mode as Ravi and Suki try to rescue the businesses. **7.30** Harry panics when he realises what has happened.
8.00 **Top Gear** Jeremy Clarkson gets behind the wheel of a Jaguar XJ and races against Earth's rotation.
9.00 **Two Pints of Lager and a Packet of Crisps** 4/8. Janet picks an unconventional theme for Donna's wedding. **9.30** 5/8. Louise makes a shocking discovery. (S7)
10.00 **FILM** **28 Days Later...** Danny Boyle's horror thriller starring Cillian Murphy. A group of people struggle to survive when a virus devastates the UK, trapping its victims in a permanent state of murderous rage. (2002, 18, 113min) ★★★★
11.45 **Top Gear** As 8.00pm.
12.45 AM **Such Brave Girls** (S2)
1.45 **A Very British Cult**
2.45 **Dave's Games**
3.00 **to 4.00** AM **Two Pints of Lager and a Packet of...**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v India: Action from day three of the third Test at Lord's in London.
8.00 **Today at Wimbledon** Qasa Alom presents action from the ladies' singles final.
9.00 **Miss Marple** *The Moving Finger – Part One:* 1/2. When everyone in the village of Lymstock receives letters detailing a future murder, Miss Marple is called upon to help solve the mystery. **9.50** *The Moving Finger – Part Two:* 2/2. The sleuth's instinct that one murder will always follow another proves to be true when more bodies are found.
10.35 **The Gone** 3/6. Buster drops a bombshell that turns the Huia family upside down. **11.30** 4/6. The team work to find out if the Mountain Murderer has returned. (S1)
12.20 AM **The Good Life**
12.50 **Yes, Minister**
1.20 **Scene by Scene: Donald Sutherland**
2.05 **to 3.45** AM **Miss Marple**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
11.30 **Ugly House to Lovely House with George Clarke**
12.35 PM **George Clarke's Amazing Spaces**
1.35 **George Clarke's Old House, New Home**
2.40 **Location, Location, Location** House-hunting in the East Midlands.
3.40 **Come Dine with Me**
6.20 **Four in a Bed** The competition begins at St Hilary Guest House in Llandudno, north Wales.
6.50 **Four in a Bed** The second visit is to the Falcon Retreat in Aberdare, south Wales. **7.25** The third visit is to the Crown Inn in Grewelthorpe, North Yorkshire. **7.55** The final venue is Stix Glamping site in Rutland. **8.25** Payment Day arrives.
9.00 **24 Hours in A&E** A nurse shares her story of finding a career she loves, and doctors suspect a 93-year-old man with a low heart rate, dizziness and confusion may need a new pacemaker fitting. **10.00** A 49-year-old woman is brought into A&E with a life-threatening complication of diabetes.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Brooklyn Nine-Nine**
6.30 **The Goldbergs**
8.55 **Ramsay's Kitchen Nightmares USA**
11.55 **The Big Bang Theory**
2.20 PM **FILM** **Transformers: Age of Extinction** Sci-fi adventure starring Mark Wahlberg. The shape-changing robots emerge from hiding when technology from their own world threatens the human race. (2014, 12, 166min) ★★★
5.30 **The Simpsons** Triple bill.
7.00 **The Simpsons** *Milhouse of Sand and Fog:* Milhouse learns his parents are considering a reconciliation. **7.30** *Treehouse of Horror XVI:* A witch casts a spell on Springfield's residents. **8.00** *Marge's Son Poisoning:* Bart goes cycling with Marge on her new tandem. **8.30** *See Homer Run:* Lisa goes on a rampage through the school.
9.00 **Celebrity Gogglebox** Famous faces appraise *Back to the Future, Countdown* and *The Handmaid's Tale*.
10.00 **Gogglebox** Opinions on *Pangolin: Kulu's Journey* and *The Honesty Box*. **11.05** Appraisals of *Virgin Island, The Four Seasons* and *Race Across the World*.
12.05 AM **First Dates**
2.10 **Gogglebox**
4.05 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Saturday primetime primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Rapid Response** Documentary.
7.00 **Sun, Sea and A&E**
8.00 **Motorway Patrol**
9.00 **Caught Red Handed** Four editions, including at: **10.30** A blind busker has his day's takings stolen. **11.15** A medical student tracks down the hit-and-run driver that left him for dead.
12.00 NOON **Stop, Search, Seize**
1.00 PM **Border Security USA**
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Blue Bloods

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 Nothing to Declare Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM

9.00 Blue Bloods *On Dangerous Ground:* 6/21. Danny and Jamie clash over a gang-related shooting. (S13)

10 PM

10.00 Elsbeth *Unalive and Well:* 9/20. A young man is found dead in his car. Guest stars Eric McCormack. (S2)
11.00 **FBI: Most Wanted** 12&13/22. Double bill of episodes. (S4)
1.00 AM **Bull** 14/16. A teenager on trial for robbery refuses to name his accomplice. (S5)
2.00 **The Cleaning Lady** 3/12. (S3)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
9.00 **Westworld** 1-3/8. (S3)
1.00 PM **Westworld** 4/8. Bernard and Ashley infiltrate a private charity event and The Man in Black re-enters society.
2.15 5/8. Caleb is dosed with an unusual drug. (S3)
3.30 **Game of Thrones** 1/10. The fate of Jon Snow is revealed.
4.35 2/10. The Night's Watch stands behind Alliser Thorne.
5.40 3/10. Tommen confronts the High Sparrow and Arya continues her training. (S6)

7.55 Game of Thrones

6.45 Game of Thrones *Book of the Stranger:* 4/10. Jorah and Daario undertake a difficult task.
7.55 *The Door:* 5/10. Beyond the Wall, Bran makes progress with his mysterious tuition. (S6)

8.00 Nothing to Declare Double bill of the series accessing the world of national security at Australia's biggest airports.

9.00 The White Lotus *Departures:* 6/6. Rachel shares some harsh truths with Shane and confides in Belinda. (S1)

10.10 The Gilded Age *Love Is Never Easy:* 3/8. George confronts Bertha about her vision and its impact on his business. (S3)
11.20 **Homicide: Life on the Street** 2/22. The murder of a man who has a twin is investigated.
12.15 AM 3/22. Ballard and Gee investigate a shooting. (S7)
1.15 **Homicide: Life on the Street**
4.10 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **SEAL Team** 8-11/22. (S1)
10.00 **Grimm** 9-12/22. (S5)
2.00 PM **The Walking Dead** 4/16. Negan disarms the residents of Alexandria.
3.15 5/16. Maggie and Sasha seek safety at the Hilltop compound.
4.20 6/16. Tara and Heath encounter a new society.
5.30 7/16. Rick and Aaron search for Negan's supplies.
6.45 8/16. Negan and his followers return to Alexandria to receive their tribute. (S7)

8.00 United States of...

The Walking Dead (started at 6.45pm)

8.00 Joe Lycett's United States of Birmingham 3/4. The comedian's quest continues into the American Midwest.

9.00 A League of Their Own Footballer Anthony Gordon, rapper Big Zuu and comedian Maisie Adam join the regulars.

10.00 Creature Commandos 1/7. Adult animation.
10.30 2/7. The Bride shows Nina where she was created. (S1)
11.00 **Poker Face** 12/12. Guest stars Rhea Perlman. (S2)
12.00 M'T **Strike Back: Vendetta** 3/10. The team members run into an old ally. (S8)
1.00 AM **Warrior** 5/10. (S1)
2.00 **Karl Pilkington: The Moaning of Life**
3.00 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **Gordon Ramsay's Food Stars USA** Double bill of editions.
10.30 **Deal or No Deal** Triple bill.
1.30 PM **Celebrity Catchphrase**
2.35 **FILM Spy Kids** Action comedy starring Antonio Banderas, Carla Gugino and Alexa Vega. (2001, U, 88min) ★★★★
4.25 **FILM Nanny McPhee & The Big Bang** Comedy fantasy sequel with Emma Thompson and Maggie Gyllenhaal. (2010, U, 109min) ★★★

6.35 Star Trek Beyond

6.35 FILM Star Trek Beyond Sci-fi adventure starring Chris Pine and Zachary Quinto. The USS *Enterprise* is lured into a deadly trap, which leaves the crew stranded on an unexplored alien world. (2016, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island: Unseen Bits New edition Featuring exclusive unseen action from the villa.

10.05 Olivia Attwood: The Price of Perfection 5/6. Olivia investigates the causes of a rise in male cosmetic surgery.
11.05 **Family Guy** 10/21. Three fairy tales are retold Quahog-style.
11.35 6/21. Animation. (S12)
12.05 AM **American Dad!** (S11)
1.05 **Extraordinary** 5/8. (S2)
1.40 **CelebAbility**
2.25 **Ruby Speaking** 5/6. (S1)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.30 **Lewis** *Wild Justice.*
8.40 **FILM Carry On Henry** Carry On comedy starring Sidney James. (1971, PG, 89min) ★★
10.40 **Doc Martin** 7&8/8. (S6)
12.40 PM **Midsomer Murders** *Blue Herrings:* Barnaby investigates a conspiracy to commit murder at a nursing home.
2.50 *Blood Will Out:* A magistrate is found shot after a confrontation with travellers.
4.55 *Death and Dust:* A doctor is killed in a hit-and-run.

11.00 Shetland

7.00 Midsomer Murders *Death of a Stranger:* A fox-hunt turns sour when a tramp is found dead in the woods, and matters are further complicated by the murder of the chief suspect's father. Guest stars James Bolam.

9.00 Vera *Little Lazarus:* DCI Vera Stanhope finds a kindred spirit in the son of a murdered woman and comes to realise the key to the case is hidden deep in his memory. Guest stars Kerry Fox.

11.00 **Shetland** 3/6. Perez investigates a friend's death.
12.00 M'T 4/6. Perez suspects the two deaths are linked. (S2)
1.15 AM **Joanna Lumley's Home Sweet Home – Travels in My Own Land**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Forest** The observatory near Dalmellington hosts a stargazing event.
7.45 **Hebrides: Islands on the Edge** The islands are hit by the biggest storm in living memory.
8.45 **Grand Tours of Scotland's Lochs** Paul Murton discovers the lost lochs of Edinburgh.
9.00 **Only Child** 6/6. Richard goes to great lengths to hide the fact he is Norway-bound. (S1)
9.30 **Two Doors Down** 3/6. Alan's brother is getting married – and he is the best man. (S5)
10.00 PM **to 12.00** M'T **TRNSMT** New edition Shereen Cutkelvin presents highlights of day two, featuring Biffy Clyro and Fontaines DC.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S4)
10.15 **Entourage** (S7&8)
1.15 PM **Crashing** (S2&3)
4.10 **Silicon Valley** (S2)
6.30 **The Office (US)** 10/26. Michael becomes worried about China's economic power.
7.00 11/26. Part one of two. Holly returns to the Scranton office.
7.30 12/26. Part two of two. Michael's jealousy over Holly's boyfriend gets the better of him.
8.00 13/26. Michael nervously waits to find out whether or not Holly has got engaged.
8.30 14/26. Andy hosts a business seminar. (S1)
9.00 **Chris Ramsey: Live from London** Stand-up show from the Royal Court Theatre in London's West End.
10.00 **Upright** 1-8/8. A chance to see series two. (S2)
2.45 AM **Girls** 5&6/10. (S4)
3.50 **to 5.00** AM **Fantasmas**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Pavarotti: 10th Anniversary Gala**
7.15 **Cirque du Soleil: Amaluna**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **The Wind in the Willows** Musical.
3.10 **Mick Fleetwood and Friends Celebrate the Music of Peter Green**
6.00 **Beach Boys: Good Vibrations Tour**
7.00 **NEW Simon & Garfunkel: Old Friends – Live on Stage**
9.30 **Paul Simon: In Restless Dreams**
11.30 **Jefferson Starship Live**
12.55 AM **Michael Bolton Live at the Royal Albert Hall**
3.00 **Johnson & Knopfler's Music Legends**
4.00 **The Great Songwriters**
5.00 **Discovering: Jethro Tull**
5.30 **to 6.00** AM **Discovering: Meat Loaf**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **Silly Animals**
8.10 **Play Your Pets Right**
8.25 **Isadora Moon**
8.40 **Trolls: Trollstopia**
9.00 **Nothing to Declare**
11.00 **Reef Wrecks**
12.00 NOON **Africa's Wild Horizons** Documentary.
1.00 PM **Coastal Africa**
2.00 **Strange Creatures**
3.00 **Ireland's Wild Islands with Eoin Warner**
5.00 **The Hungry Games: Alaska Big Bear Challenge** Documentary.
6.00 **Monkeys: An Amazing Animal Family**
7.00 **Big Beasts: Last of the Giants** Patrick Aryee looks at animals from Australia and Asia.
8.00 **Caught on Dashcam**
10.00 **The Force: Manchester**
12.00 M'T **Most Evil Killers**
2.00 AM **Sex and the City**
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **The Force: Manchester**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary** Angela Scanlon and Brian Conley take part.
2.30 With Scarlett Moffatt and Jeff Brazier.
3.00 **Tenable** Double bill of the quiz show.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Rickie tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win a cash prize.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven** Eight episodes of the drama, including at:
6.00 *Cindy:* 4/24. An aspiring actress rebels against her controlling father.
7.00 *The Devil and Jonathan Smith:* 5/24. Mark is tricked into selling his soul.
8.00 *Birds of a Feather:* 6/24. Jonathan deals with pollution caused by a factory. (S2)
9.00 **Garage Sale Mysteries: Murder by Text** Crime drama with Lori Loughlin.
10.55 **Garage Sale Mysteries: The Beach Murders** Drama with Lori Loughlin and Chiara Zanni.
12.50 AM **The Persuaders!**
3.00 **Randall and Hopkirk (Deceased)** 13/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Minder**
7.00 **The Professionals**
9.05 **The Derby Through the Years** Memorable stagings.
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.35 **The Best of the 70s**
11.55 **River Monsters**
1.00 PM **Tour de France Highlights**
2.00 **LIVE Tour de France** Coverage of stage eight, a 171.4km route from Saint-Méen-le-Grand to Laval Espace Mayenne.
4.50 **Great Racehorses**
5.10 **Junk and Disorderly**

7.10 Football: Euro 2025

7.10 **LIVE Football: Women's Euro 2025** Poland v Denmark: Coverage of both teams' concluding match in Group C staged at Allmend Stadion Luzern in Switzerland. The sides have not met since an emphatic 6-0 home win for Denmark in 2016, but Poland will look to show how much they have improved since then. Kick-off is at 8.00. ■ Sweden v Germany is on ITV1, kick-off 8.00.

10.10 **Tour de France Highlights** The eighth stage, a route from Saint-Méen-le-Grand to Laval Espace Mayenne.
11.10 **FILM Jaws 2** Adventure thriller sequel starring Roy Scheider and Lorraine Gary. Another shark returns to terrorise the small town of Amity. (1978, PG, 115min) ★★★
1.25 AM **Minder**
2.30 **to 3.00** AM **The Protectors**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **3.00** PM 18/24. The crew finally discover the location of the Xindi superweapon. (S3)
4.00 **FILM Stargate** Sci-fi adventure starring Kurt Russell and James Spader. (1994, PG, 125min) ★★★★
6.15 **Star Trek: Voyager** 12/26. The ship becomes trapped in orbit around a planet where years pass in mere hours. (S6)

4.00 Stargate

7.05 **Star Trek: Voyager** *Virtuoso:* 13/26. The crew members encounter an alien race who have never heard music before.

8.00 **Star Trek: Voyager** *Memorial:* 14/26. The crew return with memories of a battle – but no idea who the enemy was.

9.00 **Star Trek: Voyager** *Tsunkatse:* 15/26. Seven of Nine is forced to fight for Tuvok's life in an alien combat arena.

10.00 **Star Trek: Voyager** *Collective:* 16/26. The Delta Flyer is captured by a Borg cube inhabited by abandoned drones. (S6)
11.00 **The Walking Dead** 12/16. A rescue mission has deadly consequences. **12.00** M'T 13/16. Daryl's rescue mission forces Alpha to unleash a group of her own. **1.00** AM 14/16. Eye-opening secrets are revealed. **2.00** 15&16/16. (S9)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Elementary** (S4)
1.00 PM **Inspector George Gently**
3.00 **Father Brown** Four episodes of the drama, including at: **4.00** *The Theatre of the Invisible:* Radio quiz *Up to You* arrives in Kembleford. **5.00** *The Tanganyika Green:* The sleuthing priest investigates the murder of a Colonial Postal Service officer. **6.00** *The Fire in the Sky:* Kembleford comes under threat of an alien invasion.

10.00 Elementary

7.00 **Hudson & Rex** *Kiss the Cod and Make Them Die:* 7/8. Jesse and Stella become victims of a mass poisoning. (S7)

8.00 **Death in Paradise** *A Deadly Party:* 8/8. The host of a charity fundraiser is shot dead. Guest stars Sean Pertwee.

9.00 **Death in Paradise** *A Stormy Occurence:* 7/8. A meteorologist is found dead – just as a storm is brewing. (S2)

10.05 **My Life Is Murder** *One Man's Poison:* 4/8. A private chef is accused of poisoning one of his clients. (S4)
11.05 **The Company You Keep** 1/10. Pilot episode of the drama starring Milo Ventimiglia. (S1)
12.00 M'T **Father Brown** *The Sins of Others:* Sid vows vengeance on his former defence barrister.
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Dad's Army**
7.45 **Last of the Summer Wine**
8.20 **The Green Green Grass**
9.00 **Ever Decreasing Circles**
9.35 **Gavin & Stacey**
1.25 **Gavin & Stacey** Nine episodes, including at: **5.10** PM First episode of the comedy. Stacey travels from Wales to London to finally meet Gavin in person. **5.50** The couple have their first lovers' tiff. **6.25** The couple celebrate their engagement with a party.

9.40 Men Behaving Badly

7.00 **Gavin & Stacey** The Shipmans drive to Wales for a wedding fayre. **7.40** Stacey goes on a hen party, and Gavin embarks on two stag nights. **8.20** The day of the wedding arrives, and Nessa debates whether to share her big secret.

9.00 **Mrs Brown's Boys** Maria goes into labour.
9.40 **Men Behaving Badly** Gary and Dermot worry about who will moving into the flat above them. **10.10** Dermot and Gary get competitive over a game of chess. **10.40** Gary fixes up a burglar alarm in a bid to impress Deborah.
11.15 **Men Behaving Badly** Gary suggests an open relationship. **11.50** Dermot attempts to seduce Deborah.
12.25 AM **Men Behaving Badly**
3.30 **to 4.00** AM **Gavin & Stacey**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Storage Hunters UK**
10.00 **Top Gear** The team set out on an expedition across Iceland.
11.00 **Red Bull Soapbox Race**
1.00 PM **Guy Martin's Battle of Britain** Double bill.
3.00 **Robson Green's Weekend Escapes** Double bill.
4.00 **Mortimer & Whitehouse: Gone Fishing** Triple bill.
6.00 **Border Force: America's Gatekeepers** Officers find a suspicious compartment in a truck returning to Texas.

4.00 Mortimer & Whitehouse

7.05 **Red Dwarf** Lister mistakenly joins an army of convicts. **7.40** Kryten sets up his own pirate TV station to entertain the prisoners. **8.20** Part one of two. Rimmer and Lister are forced to play a game of basketball with the guards.

9.00 **The Office** David is in his element as the staff prove how wacky they can be for Red Nose Day. **9.40** David shares the secrets of his unique management philosophy. **10.20** **Extras** Andy realises that he needs to get on the right side of the press.

11.00 **Not Going Out**
12.55 AM **Have I Got a Bit More News for You** Martin Clunes hosts the satirical quiz.
1.55 **Have I Got 2021 News for You** Compilation edition.
2.55 **to 4.00** AM **David Mitchell's Outsiders**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Chateau DIY**
2.00 PM **A Place in the Sun** Six editions, including at: **6.00** Ben Hillman searches for a holiday home close to Marbella. **7.00** Jean Johansson helps a pair find a winter retreat in Spain's Balearic Islands.
8.00 **George Clarke's Amazing Spaces** George Clarke and Will Hardie build their own observatory.
9.00 **Grand Designs** A couple who left London to build a new life in the countryside.
10.00 **First Dates** A Boris Johnson fan finds her political match.
11.05 **Poisoned: Killer in the Post** Double bill.
1.10 AM **FILM Little Women** Historical drama starring Saoirse Ronan. (2019, U, 135min) ★★★★★
3.50 **to 4.45** AM **24 Hours in Police Custody**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Blue Bloods** (S5)
1.00 PM **NCIS** Eight episodes of the drama, including at: **6.00** *Trapped:* 6/24. McGee investigates the murder of a petty officer. **7.00** *Burden of Proof:* 7/24. Gibbs investigates a potential miscarriage of justice, and FBI Agent Fornell joins the unit. **8.00** *Voices:* 8/24. A mysterious voice leads a jogger to the scene of a murder. (S15)
9.00 **Criminal Minds** *In the Dark:* 17/22. The agents suspect two killers may be operating at the same time. **10.00** *Hell's Kitchen:* 18/22. The agents investigate an urban vampire who kidnaps his victims at night. (S12)
11.00 **Law & Order: Special Victims Unit** (S14)
2.50 AM **The Good Wife**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Motorway Patrol**
8.25 **ASOS: How Do They Really Do It?**
9.25 **Rogue Claimers**
2.25 PM **FILM Miss Potter** Biopic starring Renée Zellweger. (2006, PG, 93min) ★★★
4.15 **FILM The Secret Garden** Period drama with Kate Maberly. (1993, U, 97min) ★★★★
6.25 **FILM What Women Want** Romantic comedy with Mel Gibson. (2000, 12, 127min) ★★★
9.00 **FILM Fifty Shades Darker** Drama sequel starring Dakota Johnson. (2017, 18, 118min) ★
11.15 **FILM Drop Dead Gorgeous** Mock documentary starring Kirsten Dunst. (1999, 15, 100min) ★★
1.25 AM **Quantico** (S2)
3.10 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Police Interceptors**
12.15 PM **Motorway Cops: Catching Britain's Speeders** Five editions of the series, including at: **3.15** PC Amy Hollis is on the scene of a crash where a car has come off the road and hit a bridge 60ft above a river. **4.15** On the M62, PC Niaz Waddington attempts to catch up with a speeding SUV.
5.20 **FILM Bullet for a Badman** Western starring Audie Murphy. (1964, PG, 80min) ★★
7.00 **FILM The Tin Star** Western starring Henry Fonda. (1957, b/w, U, 93min) ★★★★
9.00 **FILM High Plains Drifter** Western starring Clint Eastwood. (1972, 18, 105min) ★★★★
11.05 **Police Interceptors**
1.05 **to 4.00** AM **Fights, Camera, Action!**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **First Responders** Six editions, including at: **7.00** Volunteers search for a missing Swedish national. **8.00** A teenage forestry worker suffers a life-threatening injury.
9.00 **Ghosts** First episode of the comedy. A couple inherit a country house, unaware it is teeming with the ghosts of former inhabitants. **9.40** Mike's attempts to turn the house into a home leads to a disaster. **10.20** Pat's family make their annual pilgrimage to the site of his death.
11.00 **One Born: What Happened Next?**
1.00 AM **Aaron Hernandez Uncovered** Documentary.
1.55 **to 3.00** AM **Interior Design Masters with Alan Carr**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.05 AM **Birds of a Feather**
7.50 **Bergerac**
11.20 **Lovejoy**
1.40 PM **Call the Midwife**
3.00 **Father Brown**
5.00 **2point4 Children**
7.00 **The Brokenwood Mysteries** *To Die or Not to Die:* 2/4. A young actor collapses and dies during a performance of *Hamlet*. (S2)
9.00 **Hotel Portofino** *Uncoverings:* 4/6. Nish has an epiphany as he and Lucian narrowly escape arrest for political subversion. (S1)
10.10 **Outrageous** *Hating and Loving:* 4/6. The Mitfords are blindsided by news of Unity's encounter with Adolf Hitler. (S1)
11.10 **Judge John Deed**
1.10 AM **The Heart Guy**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Darby and Joan**

+1 hr 243 316 60 260

Saturday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Tuscany.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **The Derbyshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector: The Walkout** Alex Polizzi helps the landlord of the Crown Inn, nestled in the Wiltshire village of Aldbourne.
7.00 **The Hotel Inspector** Alex Polizzi visits a 43-bedroom hostelry in the New Forest, owned by ambitious builder and entrepreneur Sean.
8.00 **Yorkshire Air 999**
9.00 **The Repair Shop** Triple bill of editions.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes**
12.00 NOON **Dickinson's Real Deal** David and the team visit Ellesmere Port.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill of the darts-based quiz.
4.00 **The Chase Celebrity Special** Double bill.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** With guests Katherine Ryan, George Shelley, Faye Brookes and Bobby Davro.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **FILM Face of a Fugitive** Western. (1958, U, 81min) ★★
10.00 **FILM Vera Cruz** Western. (1954, PG, 94min) ★★★
12.05 PM **FILM Cat Ballou** Western spoof. (1965, PG, 96min) ★★★★
2.10 **FILM Man of the West** Crime Western. (1958, 12, 96min) ★★
4.25 **FILM Will Penny** Elegiac Western. (1967, 12, 109min) ★★★
6.50 **FILM Sink the Bismarck!** Wartime drama. (1959, b/w, U, 97min) ★★★
9.00 **FILM Red Dawn** Action adventure. (1984, 15, 113min) ★
11.25 **FILM Operation Cross Eagles** Wartime drama. (1969, 12, 90min) ★★
1.15 AM **FILM End of the World** Disaster drama. (2018, PG, 88min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

9.00 AM **Heathrow: Britain's Busiest Airport**
11.00 **FILM The Teagarden Mysteries: Three Bedrooms, One Corpse** Drama. (2016, PG) ★★
12.55 PM **FILM An Aurora Teagarden Mystery: The Julius House** (2016) ★★
2.50 **FILM Pretend You Don't See Her** Thriller. (2002, PG, 91min) ★★
5.00 **FILM Mary Higgins Clark: The Cradle Will Fall** (2004, 12) ★★
7.05 **FILM End of the World** Thriller. (2018, PG) ★★
9.00 **FILM Contract to Kill** Drama. (2016, 15) ★★
11.05 **FILM Garage Sale Mysteries: Pandora Box Murders** Drama. (2018, PG, 85min) ★★
1.00 AM **FILM Wish You Were Dead** (2017, PG) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Running Away** (2017)

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
10.05 **FILM Love By Chance** Comedy. (2016, PG) ★★
12.00 NOON **FILM All of My Heart** Romantic drama. (2015, PG, 81min) ★★
2.05 PM **FILM All of My Heart: Inn Love** Drama. (2017, PG, 90min) ★★
4.00 **FILM Sweet Home Carolina** Drama. (2017, PG, 84min) ★★
6.05 **FILM Love, Once and Always** Romantic drama. (2018, PG, 90min) ★★
8.00 **FILM The Wedding Rule** Romantic comedy. (2023, U, 90min) ★★
10.00 **FILM I Married Who?** Comedy. (2012, PG) ★★
11.55 **FILM The Perfect Bride: Wedding Bells** Drama. (2018, PG, 84min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM All of My Heart** (2015, PG) ★★

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **I Dream of Jeannie**
7.00 **The Monkees**
8.00 **Fantasy Island** (S1)
9.00 **A Sharp Intake of Breath** 3-5/6. (S2)
10.30 **Please Sir!** (S4)
11.30 **Carry On Laughing** (S1)
1.00 PM **The Blue and the Gray** 1/3. (S1)
3.45 **Auto Rewind**
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **Fantasy Island** (S1)
7.00 **Jokers Wild** Triple bill.
8.30 **My TV Rewind: Michael Aspel** An interview.
9.30 **In Loving Memory** (S5)
10.00 **Game On** 1/6. First episode of the comedy. **10.35** 2/6. Matthew is up to no good. **11.10** 3/6. Martin plans to become a teacher. (S1)
11.45 **Police Woman** (S1)
12.45 AM **Blue Thunder** (S1)
1.45 **The Blue and the Gray**
4.30 **That's My Dog**
5.00 **to 6.00** AM **Bubblegum & Cheese**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
11.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Hoarding: Buried Alive** A couple who have kept their hoarding a secret. **8.00** Neighbours complain about the rubbish outside of one hoarder's home.
9.00 **Body Parts** Renowned anaplastologist Allison Vest creates life-changing prosthetics. **10.00** A mother who lost her hands to sepsis.
11.00 **My Parasitic Twin: Body Bizarre** A baby with his dead twin's body parts attached to his chest.
12.00 M'T **My Baby's Face Tumour: Body Bizarre**
1.00 AM **World's Tiniest Brothers: Body Bizarre**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
12.00 NOON **Mary Berry's Quick Cooking**
1.00 PM **James Martin's United Cakes of America** Four editions.
3.00 **Tom Kerridge Barbecues**
5.00 **Tom Kerridge's Best Ever Dishes**
7.00 **Tom Kerridge Secrets of the Pub Kitchen**
8.00 **Secrets of the Curry Kitchen** Asma cooks Bengali-influenced food, including her mother's prawn malaikari.
8.30 **Nadiya's Simple Spices** Recipes include chicken smothered in yoghurt marinade.
9.00 **Diners, Drive-Ins and Dives** Six editions.
12.00 M'T **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM It Came from Outer Space 2** Sci-fi adventure remake. (1996, PG, 84min) ★★
9.00 **Knight Rider** (S3)
2.00 PM **FILM Biggles: Adventure in Time** Time-travel adventure. (1986, PG, 108min) ★★
3.50 **FILM Prince Valiant** Arthurian adventure. (1997, PG, 91min) ★★
5.40 **FILM Jules Verne's Rocket to the Moon** Sci-fi period comedy. (1967, U, 115min) ★★
8.00 **The Twilight Zone** (S1)
9.00 **FILM D.O.A** Thriller starring Dennis Quaid. (1988, 15, 93min) ★★
11.00 **FILM Blind Fury** Comedy adventure. (1989, 18, 87min) ★★
12.45 AM **FILM Black Eagle** Martial arts spy thriller. (1988, 15, 100min) ★
2.45 **to 4.50** AM **FILM Memorial Day** Drama. (2011, 15, 104min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
8.00 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
10.00 **FILM The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
12.00 NOON **FILM Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
2.00 PM **FILM The Curse of the Werewolf** Horror chiller starring Oliver Reed and Clifford Evans. (1961, 12, 92min) ★★★
4.00 **The Lost World** (S2)
9.00 **FILM Righteous Kill** Thriller starring Robert De Niro and Al Pacino. (2008, 15, 97min) ★★★
11.00 **FILM The Resident** Horror with Hilary Swank. (2011, 15, 91min) ★★
1.00 **to 3.00** AM **FILM Righteous Kill** (2008)

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Storage Hunters**
8.00 **Pawn Stars** Double bill.
10.00 **Swamp People: Serpent Invasion**
11.00 **Storm Stories**
12.00 NOON **The Proof Is Out There** Double bill.
1.50 PM **Ancient Superstructures**
4.00 **Ancient Aliens**
8.00 **Alien Corridors** A look into patterns in UFO and UAP sightings across California.
9.00 **Black Sea Mystery: Lost Worlds** Remote survey vehicles are sent to scan the seabed.
10.20 **National Park Mysteries** Double bill.
11.10 **Weird or What? With William Shatner**
1.00 AM **Conspiracy Files: Unsealed** Doomsday.
1.30 **Conspiracy Files: Bio-Hazard Island**
2.00 **Claw Hunters**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 166 138 46 133 30

9.00 AM **The World's Most Expensive Hotels**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **Venice's Lost Empire: Drain the Oceans** Documentary.
6.00 **Sea of Secrets: Drain the Oceans**
7.00 **World War II: Secrets from Above**
8.00 **Expedition: Search for the Nile** Documentary.
9.00 **Scotland's Lost Islands with Ben Fogle** Ben explores Scotland's abandoned islands.
10.30 **Ben Fogle & the Lost City** Ben explores an off-grid, alternative lifestyle community.
12.00 M'T **Into the Grand Canyon with Nick Knowles** Double bill.
2.00 AM **Amazing Railway Adventures with Nick Knowles** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **For the Love of Kitchens** Four editions.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Five editions.
8.00 **Love Your Garden** Alan Titchmarsh and his team visit Canterbury to help Gurkha Hari Budha Magar, who lost the use of both of his legs in Afghanistan in an IED incident. **9.00** Alan and his team carry out a surprise garden transformation.
10.00 **Escape to the Country** Triple bill of the series in which people set out to find their ideal rural retreats with the help of a property expert.
1.00 AM **Castle Impossible** Daphne and Ian make over a castle playroom.
2.00 **to 4.00** AM **Home Town Takeover**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Too Large** Plagued by health problems, Meghan hopes to get weight loss surgery along with her overweight best friend, Vanessa.
8.00 **Dr Pimple Popper** Four editions, including at: **11.00** A woman's depression is a result of the multitude of bumps on her eyelids.
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** As 5.55pm.
9.00 **Friends** (S8&9)
5.55 PM **Michael McIntyre's Big Show** Featuring Nile Rodgers and Chic.
6.55 **FILM You, Me and Dupree** Comedy starring Owen Wilson, Kate Hudson and Matt Dillon. (2006, 12, 109min) ★★★
9.00 **FILM Men in Black** Sci-fi action comedy with Tommy Lee Jones and Will Smith. A streetwise New York cop joins a secret government agency that polices alien activity on Earth. (1997, PG, 94min) ★★★★
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
1.00 AM **South Park**
2.00 **Absolutely Fine**
2.30 **Whose Line Is It Anyway? USA**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** 1&2/22. (S1)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** 3-10/22. (S1)
1.00 PM **Everybody Loves Raymond** (S1)
6.50 PM **Friends** The pals look forward to Phoebe's birthday meal. **7.20** 6/24. Ross disagrees with Rachel's choice of nanny. **8.00** 7/24. Phoebe fails to impress her boyfriend's parents. **8.30** 8/24. Rachel's sister joins the gang. (S9)
9.00 **Friends** 9-17/24. (S9)
1.35 AM **Impractical Jokers**
2.35 **The Roast of Roseanne Barr** A comedy tribute.
3.50 **Beavis and Butt-Head**
4.05 **Luisa Omielan: Comedy Central Live**
4.30 **Chris Ramsey Live: All Growed Up** Stand-up.
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
8.00 **Border Patrol**
11.00 **Nothing to Declare**
2.00 PM **Send in the Dogs**
7.00 **Highway Patrol**
9.00 **Stella** 6/11. Michael asks Stella if she will accompany him to the charity gala dinner. **10.00** 7/11. The nurse issues Michael with a sex ban to help her work out how serious their relationship is. **11.00** 8/11. Ben is suspended from school. **12.00** M'T 9/11. A family outing ends badly when Katie is taken to A&E. **1.00** AM 10/11. The nurse is dealt another blow when Michael gets back with Jan. (S3)
2.00 **Four Weddings**
3.00 **Celebrity Four Weddings** Reality series.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Celebrity Four Weddings**

MTV

126/127 137 134 351 366

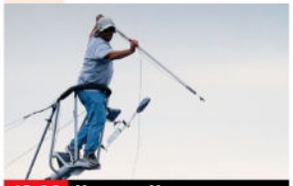
6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Catfish: Love Triangles**
8.00 **Catfish: The TV Show** Aaron has secretly fallen for Treyvon while also engaged to his fiancé.
9.00 **Ink Master Redemption** Sarah Miller returns to call out Steve Tefft. **9.30** Emily Elegado returns to redeem three unhappy Canvases.
10.00 **FILM The Girl with the Dragon Tattoo** David Fincher's crime thriller remake based on Stieg Larsson's bestseller, starring Daniel Craig. (2011, 18, 152min) ★★★★
1.20 AM **Skin A&E**
2.15 **Catfish: The TV Show**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Filthy Fortunes**
12.00 NOON **Harpoon Hunters** Joe fights to keep his lead. **1.00** PM Three centuries-old fishing strategies compete. **2.00** Niko's zapper fails. **3.00** Captains Joe and Tyler try to capture oversized tuna. **4.00** A change in weather forces a shift in strategy. **5.00** Joe and Tyler battle it out for the top spot.
6.00 **Gold Rush: White Water** How the Dakota Boys' adventure took them from flakes to record nuggets.


12.00 Harpoon Hunters

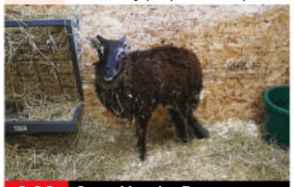
7.00 **Gold Rush: Mine Rescue with Freddy & Juan** The duo test whether their most innovative fixes have stood the test of time.
8.00 **Blowing Up History** Investigators use CGI to reveal where Alexander the Great's tomb may lie and what it may look like.
9.00 **Naked and Afraid: Last One Standing** Pushed to the brink, three competitors send shockwaves through the Outback, all camps are disbanded, and going forward, challenges will be solo tests.
11.00 **Expedition Files** A closer look at *The Amityville Horror*.
12.00 M'T **Deadliest Catch** Jake confronts his disorderly crew. **2.00** AM A shocking mishap leaves one of the Hansens grasping for their life.
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Two cats are ferocious when together. **4.00** Jackson Galaxy comes to the aid of a family in Portland.
5.00 **Animal Cribs** Transforming a basement housing reptiles, mammals and birds.
6.00 **Saved by the Barn** As spring arrives in Michigan, the Barn Sanctuary prepares to open.


6.00 Saved by the Barn

7.00 **How Do Animals Do That?** How cats can detect an earthquake. **7.30** A look into why elephants have trunks.
8.00 **Extinct or Alive** Forrest Galante travels to Zimbabwe following sightings of a lion that was thought to be extinct.
9.00 **The Zoo** A 14-year-old otter is not her usual self, and the staff of the New York Aquarium move their sharks to a new exhibit.
10.00 **Tanked: Unfiltered** Constructing a tank for a communications company in need of an interactive aquarium.
11.00 **Alaska: The Last Frontier** The Kilchers go fishing, and they need to catch hundreds of pounds of fish for them to eat and barter with.
12.00 M'T **The Aquarium**
2.00 AM **Alaskan Bush People**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Amsterdam Central 24/7**
10.00 **Inside Airport Lost & Found**
11.00 **Air Crash Investigation**
1.00 PM **World War II: Secrets from Above** Double bill.
3.00 **Nazi Megastructures: Battle Ready** Documentary.
4.00 **Hitler's Teen Killers** The teenage soldiers of Hitler's 12th SS Panzer Division.
5.00 **Liberation: D-Day to Berlin** Hitler's surprise attack into liberated Belgium. **6.00** The end of World War Two in Western Europe.

5.00 Liberation: D-Day...

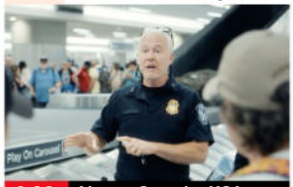
7.00 **Seconds from Disaster** An investigation into the 1999 Paddington train crash that killed 31 people.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend revive a Land Rover Discovery Series 1 which is a beloved family heirloom.
9.00 **Car S.O.S** Tim and Fuzz travel to South Yorkshire to pick up a *Car S.O.S* first – a Ferguson TE20 tractor.
10.00 **Car S.O.S** Tim and Fuzz travel to Kent to secretly restore a very tired 1991 VW T4 Campervan.
11.00 **Ice Road Rescue** Thord's skills are put to the test with the rescue of an excavator.
12.00 M'T **Air Crash Investigation**
2.00 AM **To Catch a Smuggler: Tropical Takedown**
2.55 **Food Factory** Double bill.
3.45 **Money Meltdown**
4.35 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
8.00 **Secrets Declassified with David Duchovny**
9.00 **The Curse of Oak Island: Drilling Down** Documentary.
10.00 **Curse of Skinwalker Ranch**
2.00 PM **Container Wars**
5.00 **Discovered by Disaster** A look at evidence of early human activity previously hidden by the landscape.
6.00 **What on Earth?** A sinister shape in the mountains of Afghanistan, and a 'Christ-like' face in a field in Hungary.


9.00 Airport Security USA

7.00 **World's Greatest Treasure Mysteries** The Revolutionary War treasure of British Army General Charles Cornwallis.
8.00 **World's Greatest Treasure Mysteries** Marty Lagina and Matty Blake help investigate a mysterious island.
9.00 **Airport Security: USA** Following the work of law enforcement and customs officers at busy airports in America.
10.00 **Airport Security: USA** Passengers are searched for illegal objects when entering and leaving the United States.
11.00 **History's Greatest Mysteries** The secrets surrounding Jesse James and his notorious gang.
12.00 M'T **Hunting History with Steven Rinella** The presenter explores the arid deserts of the Four Corners region.
1.00 AM **Forged in Fire**
3.00 **What on Earth?** As 6.00pm.
4.00 **to 6.00** AM **World's Greatest Treasure Mysteries**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **American Pickers**
10.00 **Canal Boat Diaries**
11.00 **'Allo 'Allo!** Triple bill.
1.00 PM **Terry and June**
3.00 **Murder on the Blackpool Express** Feature-length comedy with Griff Rhys Jones, Johnny Vegas and Sian Gibson.
5.00 **Bangers & Cash: Restoring Classics** The team re-commission a Nissan Figaro.
6.00 **Bangers & Cash** Derek rubs shoulders with pop music royalty when he picks up a Morgan sports car.

3.00 Murder on the Blackpool...

7.00 **Bangers & Cash** Derek takes delivery of a beautiful green Renault van, previously used as a bread van in Paris.
8.00 **Bangers & Cash** Derek heads to Scotland in a heavy rainstorm to pick up a Jaguar E-type and a rare MGC convertible.
9.00 **Bangers & Cash** There's a surprise for Derek in Hull – an MGSA sports car that once had a tree growing through it.
10.00 **Classic Car Kings** Big Irv has had a life-long love for VWs, so he's surprised when he gets the chance to work on a 1949 Beetle.
11.00 **Bangers & Cash** Derek meets an old schoolmate in Luton who is saying goodbye to his 1912 De Dion Bouton. **12.00** M'T Paul and Jack head to Staffordshire to pick up a Mini and a Morris Minor.
1.00 **to 3.00** AM **Canal Boat Diaries**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Robson Green's Australian Adventure**
7.00 **British Superbikes**
8.00 **Wheeler Dealers World Tour**
9.00 **Wheeler Dealers**
2.00 PM **Wheeler Dealers World Tour** The Hilux.
3.00 **MotoGP** The Grand Prix of Germany sprint race.
4.00 **Shed and Buried**
6.00 **Find It, Fix It, Flog It**
9.00 **Massive Engineering Mistakes** New editions In Pennsylvania, a vital bridge collapses to the ground, and in Australia, tragedy strikes a packed train heading to Sydney. **10.00** A look at the devastating effects of engineering disasters.
11.00 **Aussie Gold Hunters**
12.00 M'T **Outback Truckers**
1.00 AM **Cooper's Treasure**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Say Yes to the Dress: The Big Day**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Betrayed**
9.00 **American Detective with Lt Joe Kenda** New edition Two bar employees are killed with a hammer.
10.00 **Crime Scene Investigators** New edition Experts piece together forensic clues to expose a killer.
11.00 **Faking It: Tears of a Crime** Triple bill.
2.00 AM **Murder Comes to Town** Carla Fuqua.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Citizen Detective**
7.00 **Cold Cases Reopened** The area of Hamblen County, Tennessee, struggles with the growing opioid crisis. **8.00** The case of Sharon Gill, who was discovered murdered in her home in 1990.
9.00 **Killer Kids** The murder of seven-year-old Johnathan Thimpsen. **10.00** In 1968, construction site workers find the body of four-year-old Martin Brown.
11.00 **48 Hours** A woman suddenly vanishes. **12.00** M'T Investigating the disappearance of six-year-old Etan Patz. **1.00** AM Two witnesses to a murder speak out.
2.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Ten editions.
2.00 PM **Medical Detectives** Explosive experts look into a bomb blast which injured a farmer's wife. **2.30** Police hope new technology will help solve the case of a student killed in 1984. **3.00** The discovery of a killer fungus. **3.30** Police uncover disturbing evidence about a woman's killer. **4.00** The discovery of a woman's charred remains. **4.30** The unsolved case of a murdered young woman from 1984.
5.00 **New Scotland Yard Files** Investigating the case of David Morley.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Stop, Search, Seize**
8.00 **Highway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Rapid Response** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **Killer in My Village** True-crime.
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
5.00 **Britain's Most Evil Killers**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **How I Caught the Killer**
9.00 **Murder Next Door**
10.00 **Killer in My Village**
11.00 **Forensics: Catching the Killer** True-crime.
12.00 M'T **World's Most Evil...**
1.00 AM **Murder Uncut**
2.00 **What the Killer Did Next** Debbie Starbuck.
3.00 **Murdered at First Sight**
4.00 **Road Wars**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.55 **The Exiles: Secretly Deported** Documentary.
9.55 **Vikings: The Rise and Fall** Triple bill.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The Exiles: Secretly Deported** Documentary.
2.40 **The Dictator's Playbook** Six editions of the series, including at: **7.20** Examining how Francisco Franco used colonial war tactics. **8.30** Examining the dictatorship of Idi Amin.
9.40 **Broken Arrows: The Lost Bombs of the Cold War** 1/2. Examining nuclear accidents. **10.50** 2/2. Accidents in Europe that were supposed to be secret.
12.00 M'T **The Exiles: Secretly Deported**
1.05 **to 2.00** AM **Grand Tours of the Scottish Islands**

SATURDAY

Saturday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Robin Williams**
7.00 **Discovering: Robert De Niro**
8.00 **The Directors**
9.00 **Adrienne** Documentary.
11.00 **I Am Heath Ledger**
12.50 PM **Val** Documentary.
3.00 **Natalie Wood: What Remains Behind** A unique insight into the movie star's life, from her daughter's perspective.
5.00 **Faye** The life and career of actor Faye Dunaway.
6.50 **My Icon: Natasha Jonas**
7.00 **Elizabeth Taylor: The Lost Tapes** A profile of the actor told through audio tapes discovered in the archive of journalist Richard Meryman.
9.00 NEW **My Mom Jayne** Actor Mariska Hargitay explores the life of her mother Jayne Mansfield, who died in a car accident at the age of 34 when Mariska was just three years old.
11.10 **George Carlin's American Dream** 1&2/2. The life of the legendary stand-up comic.
3.20 AM **I Am Steve McQueen**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Kenya Wildlife Diaries**
8.00 **Hope for Wildlife: The Next Generation** Double bill.
10.00 **Ireland's Wild Islands with Eoin Warner**
11.00 **Bugs That Ruled the World**
12.00 NOON **Big Cat Country**
2.00 PM **David Attenborough's Galapagos** 1–3/3. Triple bill.
5.00 **Boss Shark** A hunt for the alpha shark in a school of great whites.
6.00 **Uptown Otters** Anna chases the Nomads out of her territory. **7.00** Mia and her newborn pups go swimming.
8.00 **Carpathian Predators** 1/2. A look at the creatures of the Carpathian Mountains.
9.00 **Surviving the Amazon** The new skills animals need to learn to survive the dry season.
10.00 **Guardians of the Wild**
12.00 M'T **Carpathian Predators**
1.00 AM **Surviving the Amazon**
2.00 NEW SERIES **13 Hours to Survive** Sea animals fight for survival as the ocean recedes.
3.00 **to 6.00** AM **New Kids in the Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Deadly Standoff**
10.00 **Mysteries from Above**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Alien Files: Unsealed**
2.00 **Hitler's Handmaidens**
3.00 **Strangest Things**
4.00 **What on Earth?**
5.00 **Alien Files: Unsealed**
6.00 **History's Greatest Aircraft**
7.00 **Strangest Things** A look at a perplexing metal sphere. **8.00** Analysing a strange set of objects found in the Great Pyramid in Giza.
9.00 **Deep Water Salvage** The team at America's largest shipwreck must remove 4,000 wrecked cars from the hull.
10.00 **U-Boat Wargamers** A battle that turned the tide of the Atlantic war in 1943.
11.05 **Hitler's Secret Sex Life**
12.05 AM **Ancient Aliens**
3.00 **Spycraft** The most important element for spies to succeed.
4.00 **Hitler's Handmaidens**
5.00 **to 6.00** AM **Alien Files Reopened**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam** Four editions.
10.45 **Fugitives Caught on Tape**
11.45 **Hometown Tragedy**
1.05 PM **A Perfect Scam**
3.00 **#Textmewhenyougethome**
4.00 **Murder at the Motel**
5.00 **Accident, Suicide or Murder?** Triple bill, including at: **7.00** Investigators are baffled by the shooting of a mother.
8.00 **The First 48** The aftermath of a deadly home invasion serves as the catalyst for a manhunt that unfolds in real-time.
9.00 **Last Night Out** Stories of nights out that end in tragedy.
10.00 **Interview with a Killer** A nurse who killed and robbed a 65-year-old man in her care.
11.00 **The Killer Interview With Piers Morgan** Matt Baker.
12.00 M'T **Britain's Darkest Taboos**
2.00 AM **Murder at the Motel**
3.00 **#Textmewhenyougethome**
4.00 **to 6.00** AM **A Perfect Scam**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Fish Tank Kings**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: Tampa Wild Sides**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Deadly Dozen**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Babies of the Zoo** When the zoo's biggest animals have offspring, it's all hands on deck.
8.00 **Secrets of the Zoo** An ostrich refuses to get his shots, and a pregnant rhino takes her keepers on a wild goose chase. **9.00** A bad-tempered tiger arrives at Columbus, and the zoo attempts to make history by incubating a clutch of rare temple turtle eggs.
10.00 **Saved from a Shark** People who believe dolphins and whales saved them from a potentially fatal shark attack.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** The secrets of nebulas. **7.00** New discoveries surrounding interstellar space. **8.00** New discoveries lead scientists to question if the Big Bang really happened.
9.00 **Greatest Events of World War II** The dramatic story of the Battle of Midway. **10.00** The Battle of Stalingrad, one of the bloodiest of World War Two, with an estimated two million casualties. **11.00** Colourised footage is used to tell the story of the D-Day invasion.
12.00 M'T **Blowing Up History: Seven Wonders** Experts investigate tantalising new evidence uncovered from the Valley of the Kings.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
11.00 **Secret Army** Double bill.
1.25 PM **Pickwick Papers**
2.40 **The Dick Emery Show**
4.40 **Secret Army** Double bill.
7.05 **Pickwick Papers** 8/12. Mr Pickwick and his companions extricate themselves from their predicament with Mr Nupkins, and set off to spend Christmas at Dingly Dell. **7.40** 9/12. Mr Pickwick meets with his lawyer to discuss his trial for breach of promise. (S1)
8.20 **The Dick Emery Show** Triple bill featuring comic sketches.
10.20 **Secret Army** *Radishes with Butter:* 3/16. Curtis brings funds from England for Lifeline, and gets involved both with a Jewish family and Yvette. (S1)
11.35 **Louis Theroux: Surviving America's Most Hated Family**
12.35 AM **Secret Army**
1.50 **The Dick Emery Show**
3.35 **Secret Army** Double bill.
5.30 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

ID

154 141 166

8.00 AM **Betrayed** Double bill.
10.00 **Someone You Thought You Knew** Double bill of editions.
12.00 NOON **Married with Secrets**
2.00 PM **Evil Stepmothers**
4.00 **Deadly Secrets**
6.00 **American Monster** Investigating the murder of a video blogger's husband. **7.00** The case of Beverly Thompson, who was found bludgeoned in her own home. **8.00** How, in 2017, an unimaginable betrayal led to the death of a woman.
9.00 **Evil Lives Here** Abby's life turns dark when her aunt and uncle adopt her.
10.00 **Faking It: Tears of a Crime** When a vulnerable young woman disappears from a remote Scottish village, a 16-year-old story of abuse, fraud and murder emerges.
11.00 **Lethally Blonde**
12.00 M'T **Mean Girl Murders**
2.00 AM **Caught in the Net**
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Street Outlaws: No Prep Kings** Four editions.
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Texas Metal**
5.00 PM **Kindig Customs** Triple bill of editions, including at: **7.00** Dave is called in to be a judge during car show season.
8.00 **Supertruckers** Janet, Matt and Chelsea Paul shift a fleet of armoured cars between bases. **9.00** John has a tough job taking a 60-tonne crane into the heart of Edinburgh. **10.00** Four 90-ton trucks are moved to Tilbury docks.
11.00 **Motor Pickers** A young father wants to mix practicality and performance with a hatchback. **11.30** A business-minded driver is looking for an SUV. **12.00** M'T A quest for a car with a panoramic sunroof. **12.30** AM A man seeks a car for his long commutes.
1.00 **to 5.00** AM **Street Outlaws: No Prep Kings**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM PREMIERE **Sew Torn**
8.10 **I Don't Understand You** Horror comedy. (2024, 15) ★★★
10.00 **Wicked** As shown at 7.00pm.
12.40 PM PREMIERE **Sew Torn** Comedy thriller. (2024, 15) ★★★★ *See review, page 24.*
2.25 **William Tell** Historical drama. (2025, 15, 133min) ★★★
4.40 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
7.00 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★

12.40 Sew Torn

Wicked
(film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

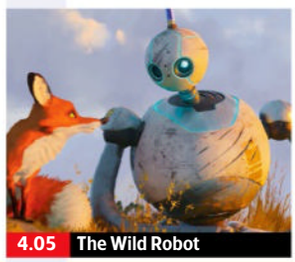
9.40 **Gladiator II** Ridley Scott's historical drama sequel starring Paul Mescal. The son of Maximus Decimus Meridius enters the Colosseum in an attempt to bring glory back to Rome. With Pedro Pascal and Denzel Washington. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Sharp Corner** Thriller starring Ben Foster. (2024, 15, 110min) ★★★★
2.10 **Strange Darling** Thriller starring Willa Fitzgerald. (2023, 18, 97min) ★★★★
3.50 **Sky Cinema Preview**
4.50 **to 6.30** AM **Home Delivery** Comedy. (2023, 15, 86min)

Sky Cinema Epic Worlds

303 303 403 503 517

7.25 AM **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
9.05 **Spy Kids 2: Island of Lost...**
10.50 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
1.15 PM **Wicked (Singalong Version)** Musical fantasy. (2024, PG, 160min) ★★★★
4.05 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
5.50 **The Mummy** Action adventure starring Brendan Fraser. (1999, 15, 124min) ★★★★


4.05 The Wild Robot

8.00 Wonka Fantasy adventure starring Timothée Chalamet. A young sweet-maker attempts to make his mark, despite the plans of three scheming entrepreneurs. With Olivia Colman and Hugh Grant. (2023, PG, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Wicked Musical fantasy adventure starring Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Portable Door** Fantasy adventure starring Christoph Waltz and Sam Neill. (2023, PG, 130min) ★★★
2.55 **Robin and the Hoods** Family comedy with Naomie Harris. (2024, PG, 101min) ★★
4.50 **Sky Cinema Preview**
5.45 **to 7.30** AM **Spy Kids 2: Island of Lost Dreams** Action comedy sequel. (2002, U, 100min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.50 AM **Funny Face** As 8.00pm.
8.35 **Sabrina** As shown at 9.45pm.
10.30 **Two Mules for Sister Sara** Vintage comedy Western. (1969, 15, 114min) ★★★
12.25 PM **My First Summer** Drama. (2020, 15, 80min) ★★★
1.55 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
3.50 **North Hollywood** Comedy drama. (2021, 15, 93min) ★★★
5.35 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
8.00 **Funny Face** Musical with Fred Astaire and Audrey Hepburn. (1956, U, 103min) ★★★★
9.45 **Sabrina** Comedy with Audrey Hepburn, Humphrey Bogart and William Holden. Two brothers compete for the attention of a chauffeur's daughter. (1954, b/w, U, 113min) ★★★★
11.40 **The Damned United** Biopic starring Michael Sheen. (2009, 15, 98min) ★★★★
1.20 AM **Through a Glass Darkly** Swedish director Ingmar Bergman's drama. Subtitled. (1959, b/w, 15, 91min) ★★★★
2.55 **Pawn Sacrifice** Sports drama. (2014, 12, 115min) ★★★★
5.00 **to 6.45** AM **Flashdance** Dance drama. (1983, 15, 96min) ★★★

Sky Cinema Superman

311 311 411 511 525

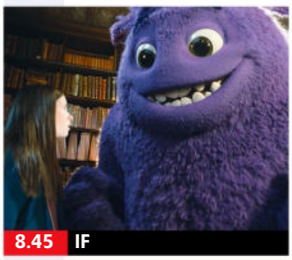
6.10 AM **Superman IV: The Quest for Peace** As shown at 11.10pm.
7.55 **Superman** As 4.25pm.
10.20 **Superman II** As 6.50pm.
12.30 PM **Superman III** As 9.00pm.
2.40 **Superman IV: The Quest for Peace** As shown at 11.10pm.
4.25 **Superman** Adventure starring Christopher Reeve as the Man of Steel. With Margot Kidder. (1978, PG, 143min) ★★★★
6.50 **Superman II** Fantasy adventure sequel starring Christopher Reeve and Gene Hackman. Three villains with Kryptonite challenge the Man of Steel. (1980, PG, 127min) ★★★
9.00 **Superman III** Fantasy sequel starring Christopher Reeve and Richard Pryor. Clark Kent alias Superman battles against a megalomaniac tycoon who is using a computer genius to plan the crime of the century. (1983, PG, 123min) ★★★
11.10 **Superman IV: The Quest for Peace** Fantasy adventure sequel starring Christopher Reeve. (1987, PG, 90min) ★
12.55 AM **Superman** As 4.25pm.
3.20 **Superman II** As 6.50pm.
5.30 **to 6.30** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.20 AM **Yogi Bear** (2010, U) ★★★
8.50 **Johnny English Reborn** Comedy. (2011, PG) ★★★
10.35 **The Smurfs** (2011, U) ★★
12.25 PM **The Smurfs 2** (2013) ★★
2.15 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
4.00 **The Flintstones** Comedy. (1994, U, 93min) ★★★
5.35 **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
7.10 **Cats & Dogs** Fantasy comedy. (2001, PG, 87min) ★★★


8.45 IF

8.45 IF Fantasy adventure starring Ryan Reynolds and Cailey Fleming. A young girl joins forces with her upstairs neighbour to matchmake discarded imaginary friends with new children. (2024, U, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

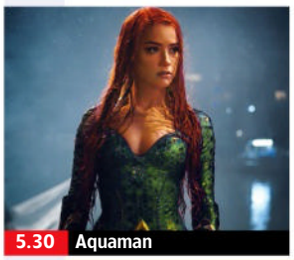
10.35 Harriet the Spy Comedy adventure starring Michelle Trachtenberg. (1996, PG, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Breaking Point** Family drama starring Karam Singh. (2023, 12, 102min) ★★★
2.05 **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
3.45 **Batteries Not Included** Sci-fi fantasy starring Hume Cronyn. (1987, PG, 105min) ★★★★
5.45 **to 7.35** AM **Blueback** Drama. (2022, PG, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

7.40 AM **The Cinema List: Jurassic**
8.00 **Seeking Justice** As 2.40am.
9.55 **Swordfish** (2001, 15) ★★★
11.45 **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★
1.40 PM **Charlie's Angels: Full Throttle** Comedy thriller sequel. (2003, 12, 106min) ★★
3.40 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
5.30 **Aquaman** Fantasy adventure. (2018, 12, 143min) ★★★


5.30 Aquaman

8.00 Twisters Disaster drama sequel starring Daisy Edgar-Jones and Glen Powell. A meteorologist crosses paths with a storm-chasing social media star in Oklahoma. With Anthony Ramos and Brandon Perea. (2024, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Django Unchained Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **The Italian Job** Crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
2.40 **Seeking Justice** Crime thriller starring Nicolas Cage. (2011, 15, 104min) ★★
4.30 **to 6.05** AM **Iron Monkey** Hong Kong thriller. Subtitled. (1993, 12, 90min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
8.50 **Crazy Rich Asians** (2018)
10.55 **The First Wives Club** (1996)
12.45 PM **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
2.45 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
4.25 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
6.10 **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★

6.10 Beetlejuice Beetlejuice

8.00 Crazy Rich Asians Romantic comedy starring Constance Wu and Henry Golding. A professor heads to Singapore with her boyfriend, and is surprised to learn he is from an extremely wealthy family. (2018, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Zombie Town Horror comedy starring Marlon Kazadi and Madi Monroe. Two teens try to survive in a town of hungry zombies. With Dan Aykroyd. (2023, 12, 92min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
1.30 AM **Beetlejuice Beetlejuice**
3.25 **The Estate** Comedy with Anna Faris. (2022, 15, 96min) ★★
5.05 **Sky Cinema Preview**
5.45 **to 7.25** AM **Paul Dood's Deadly Lunch Break** Comedy thriller. (2021, 15, 95min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Contraband** Thriller. (2012, 15, 105min) ★★★
8.00 **False Positive** As 4.50pm.
9.45 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
12.05 PM **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
2.30 **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
4.50 **False Positive** Horror thriller. (2021, 15, 92min) ★★
6.30 **Mob Cops** Crime drama. (2024, 15, 87min) ★

6.30 Mob Cops

8.00 Ocean's Eleven Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Chinatown Director Roman Polanski's thriller starring Jack Nicholson and Faye Dunaway. A private investigator takes a routine matrimonial case and stumbles into a web of deceit. (1974, 15, 131min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **American Gangster** Ridley Scott's crime drama starring Denzel Washington. (2007, 18, 157min) ★★★★
3.05 **Mob Cops** As 6.30pm.
4.40 **Sky Cinema Preview**
5.35 **to 7.30** AM **Gloria** Thriller remake. (1999, 15, 107min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Muppets Take Manhattan** (1984, U) ★★★★
12.50 PM **Dr Who and the Daleks** Sci-fi spin-off. (1965, U) ★★★
2.30 **Romancing the Stone** Adventure. (1984, 12) ★★★★
4.35 **A Beautiful Day in the Neighborhood** Drama. (2019, PG, 109min) ★★★★
6.45 **Jumanji: Welcome to the Jungle** Fantasy comedy. (2017, 12, 119min) ★★★★

9.00 Moonfall

Jumanji: Welcome to the Jungle (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Moonfall Sci-fi thriller starring Patrick Wilson and Halle Berry. A mysterious force knocks the Moon from its orbit and two astronauts join forces to avert catastrophe. With John Bradley and Donald Sutherland. (2022, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 The Innocents Ghost story starring Deborah Kerr as a Victorian governess who believes her young charges are possessed by the evil spirits of two dead servants. (1961, b/w, 12, 100min) ★★★★★
1.40 **to 3.50** AM **The Duke of Burgundy** Drama starring Sidse Babett Knudsen. (2014, 18, 100min) ★★★★

8 PM
9 PM
10 PM
11 PM

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.00 AM **Noah's Ark** Animation. (2024, U, 96min) ★★★
7.40 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
9.25 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
11.10 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
12.50 PM **Bookworm** Comedy with Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
2.40 **Gladiator II** Historical drama sequel. (2024, 15, 148min) ★★★
5.20 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
8.00 **Furiosa: A Mad Max Saga** Fantasy adventure starring Anya Taylor-Joy and Chris Hemsworth. (2023, 15, 148min) ★★★★
10.30 **Cleaner** Action thriller starring Daisy Ridley. Environmental activists hijack an energy company's gala and take 300 hostages. With Clive Owen. (2025, 15, 97min) ★★★
12.10 AM **Smile 2** Horror sequel. (2024, 18, 127min) ★★★★
2.20 **Omni Loop** Sci-fi drama. (2024, 12, 112min) ★★★★
4.20 **The Cinema List: Pride**
4.45 **to 6.25** AM **Rebellious** Animated fantasy adventure. (2024, PG, 94min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Funny Girl** As 1.50am.
8.30 **Let's Dance** As 5.25am.
10.30 **The Quiet Man** As 11.30pm.
12.45 PM **The Money Pit** Comedy. (1985, 15, 91min) ★★★
2.25 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
4.25 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
6.20 **The Golden Child** Adventure. (1986, PG, 93min) ★★
8.00 **HouseSitter** Romantic comedy starring Steve Martin and Goldie Hawn. A kooky waiter moves into an architect's dream house and pretends to be his wife. (1992, PG, 102min) ★★★
9.50 **48 Hrs** Action comedy thriller starring Nick Nolte and Eddie Murphy. A tough cop springs a smooth-talking criminal from jail on a two-day pass to help him track down two escaped convicts. With James Remar. (1982, 15, 97min) ★★★★★
11.30 **The Quiet Man** John Ford's romantic drama starring John Wayne. (1952, U, 129min) ★★★
1.50 AM **Funny Girl** Musical biopic. (1968, U, 169min) ★★★★
4.25 **Sky Cinema Preview**
5.25 **to 7.25** AM **Let's Dance** Musical. (1950, U, 112min) ★★

Sky Cinema Animation

305 305 412 500 514

7.10 AM **Monster Family** Animated comedy. (2017, PG, 96min) ★★
8.55 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
10.50 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
12.30 PM **Smurfs: The Lost Village** Animated family adventure. (2017, U, 87min) ★★★
2.10 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
4.00 **Shrek the Third** Animated comedy sequel with the voices of Mike Myers and Eddie Murphy. (2007, U, 88min) ★★★★
5.40 **Migration** Animated comedy. (2023, U, 83min) ★★★
7.10 **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★
8.50 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
10.25 **Tad the Lost Explorer and the Secret of King Midas** Animated fantasy. (2017, U, 85min) ★★★
12.00 M'T **Boonie Bears: Guardian Code** (2023, PG) ★★★
1.45 AM **Piece By Piece** Animation. (2024, PG, 100min)
3.25 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
5.00 **to 6.40** AM **SuperKlaus** Animation. (2024, U, 92min) ★★

Movies 24

312 313 419

7.00 AM **Jolly Good Christmas** Comedy. (2022, PG, 90min) ★★
9.00 **Where Are You, Christmas?** Fantasy. (2023, PG, 90min) ★★
11.00 **Christmas Angel** Comedy. (2009, PG, 87min) ★★★
1.00 PM **The Christmas Brew** Drama. (2024, PG, 89min) ★★
3.00 **A Very Vermont Christmas** Festive drama starring Katie Leclerc. (2024, PG, 88min) ★★
5.00 **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
7.00 **A Carol For Two** Drama with Ginna Claire Mason. A woman working in a diner with singing waiters gets the chance to perform in the venue's Christmas concert. (2024, PG, 90min) ★★
9.00 **Deck the Walls** Drama starring Ashley Greene. A designer tries to save her brother's charity project. (2024, PG, 90min) ★★
11.00 **The Gift of Peace** Drama. (2022, PG, 84min) ★★
1.00 AM **Holiday Crashers** Comedy starring Lyndsy Fonseca. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Ghosts of Christmas Always** Fantasy comedy. (2022, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Race for the Yankee Zephyr** Adventure. (1981, PG, 108min) ★
8.10 **What's On TPTV with Noel**
8.25 **Space Patrol** 26/39. (S1)
9.00 **Batman** 25/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 14/26. (S1)
10.30 **The Cat Gang** (1959, U) ★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **War of the Planets** Adventure. (1977, PG, 89min) ★★
1.50 PM **One Step Beyond** (S1)
2.25 **Captain Scarlet and the Mysterons** 27/32. (S1)
3.00 **The October Man** Thriller. (1947, b/w, PG, 91min) ★★★
4.50 **The Day Will Dawn** Thriller. (1942, b/w, U, 98min) ★★★
6.50 **Look at Life** Documentary.
7.00 **Maigret** 4/13. (S1)
8.00 **A Family at War** 8/19. (S2)
9.05 **Mickey One** Drama with Warren Beatty. (1965, PG, 89min) ★★
10.55 **She Played with Fire** Drama. (1957, b/w, PG, 95min) ★★
12.50 AM **Bullet Scars** Crime drama. (1942, b/w, PG, 50min) ★★
2.05 **The Golden Disc** Musical. (1958, b/w, U, 78min) ★★
3.40 **Somewhere in Camp** Wartime comedy. (1942, U, 88min) ★★
5.25 **Cinebox Memories**
5.30 **to 6.00** AM **Out of Town**

SATURDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 LIVE **International Rugby Union New Zealand v France.** Coverage of the second Test of the three-match series, held at Sky Stadium. Kick-off **8.05am**.
10.00 LIVE **British and Irish Lions Tour Invitational Australia & New Zealand XV v British & Irish Lions.** Warm-up match at Adelaide Oval. Kick-off **11.00am**.
2.00 PM LIVE **Test Cricket England v India.** Coverage of the third day of the third Test from Lord's.
6.30 LIVE **Women's International T20 Cricket England v India.** Coverage of the fifth and final T20 in the series from Edgbaston.
8.30 LIVE **International Rugby Union Argentina v England.** Coverage of the second Test staged at Estadio San Juan del Bicentenario. Kick-off **8.40pm**.
10.40 LIVE **PGA Tour Golf** The third day of the ISCO Championship from Hurstbourne Country Club Championship Course in Louisville.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **PL Retro** Portsmouth v Southampton from 2005.
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Premier League Highlights** Recent action.
3.00 **Premier League Highlights** Manchester United v Arsenal.
3.30 Manchester Utd v Chelsea.
4.00 Manchester Utd v Liverpool.
4.30 Manchester United v Manchester City at Old Trafford.
5.00 Action from Manchester United v Tottenham Hotspur.
5.30 Highlights of Newcastle United v Manchester United.
6.00 Tottenham v Chelsea.
6.30 Tottenham v Liverpool.
7.00 **MNF: Wayne Rooney Special**
7.30 **MNF: Peter Schmeichel Special**
8.00 **Transfer 360** Double bill.
9.00 **Gary Neville's Soccerbox**
10.00 **Class of '92: Full Time**
1.00 AM **Premier League Years** Moments of the 2009/10 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Craig Brown: My Scotland**
8.30 **Jimmy Glass: The Great Escape**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2020/21**
11.30 **EFL Trophy** Action from Sunderland v Tranmere Rovers.
12.00 NOON **Retro League One**
2.45 PM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Scottish Premiership Goals 2022/23** Archive action.
5.30 **Best Scottish Premiership Goals 2023/24**
6.00 **Championship Retro**
8.00 **Henrik Larsson: 20 Years On**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Bradford City v Swansea City in the 2013 final from Wembley Stadium.
11.00 **Old Firm Derby Best Goals**
11.30 **Edinburgh Derby Best Goals**
12.00 M'T **Old Firm Derby Best Goals**
12.30 AM **Edinburgh Derby Best Goals** Hearts v Hibernian.
1.00 **Craig Brown: My Scotland**
1.30 **There's Only One Sauzee**
2.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 2022/23**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.30 **The Film Room: England v India**
8.00 **Test Cricket** England v India.
9.00 **Best of ICC WT20**
9.45 **Test Cricket Bitesize**
10.00 LIVE **Test Cricket England v India.** Coverage of the third day's play of the third Test at Lord's in London. The hosts are looking to win their first Test series against India since 2018, when they won 4–1 under former captain Joe Root. Since then, England have lost twice away to India and also picked up a 2–2 draw in 2022.
6.30 PM LIVE **Women's International T20 Cricket England v India.** Coverage of the fifth and final T20 in the series from Edgbaston, Birmingham.
10.00 **Best of ICC WT20**
11.00 **Test Cricket** England v India in the third day of the third Test in the five-match series from Lord's.
12.00 M'T **Test Cricket Bitesize**
12.30 AM **Women's International T20 Cricket** Highlights.
4.00 **Test Cricket** England v India.
5.00 **Best of ICC WT20**
5.30 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Asian Tour Golf**
7.00 **Underdogs: The Untold Story**
8.00 **LPGA Tour Golf** Highlights.
9.00 LIVE **LPGA Tour Golf** Coverage of day three of the Amundi Evian Championship at Evian Resort Golf Club in France.
3.00 PM LIVE **DP World Tour Golf** Day three of the Genesis Scottish Open staged at Renaissance Club.
8.00 **LPGA Tour Golf** Highlights.
9.00 LIVE **PGA Tour Golf** The third day of the ISCO Championship from Hurstbourne Country Club Championship Course in Louisville.
12.00 M'T **LPGA Tour Golf**
1.00 AM **HotelPlanner Tour Golf**
1.30 **Playing Lessons**
2.00 **LPGA Tour Golf** Highlights.
3.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **US Open Tennis**
3.00 PM **Jack Draper's US Open**
3.30 **US Open Tennis** From 2024.
7.30 **US Open Tennis** Highlights from Jack Draper v Alex de Minaur in the 2024 quarter-finals.
8.30 Jack Draper v Jannik Sinner in the 2024 semi-finals.
10.15 **US Open Classic Matches**
10.30 **Jack Draper's US Open**
11.00 **US Open Tennis** From 2024.
1.00 AM **US Open Classic Matches**
4.45 **to 6.00** AM **US Open Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Women's Giro d'Italia**
7.00 LIVE **AFL GWS Giants v Geelong Cats.** Coverage of the match from ENGIE Stadium in Sydney. Bounce-up **7.15am**.
10.00 **UEFA Champions League**
11.00 **Tour de France Highlights**
12.00 NOON LIVE **Tour de France** Coverage from stage eight of the men's race, a 171.4km route from Saint-Méen-le-Grand to Laval.
4.45 PM **Women's Giro d'Italia**
5.45 **Playing for Our Future: Cycling**
6.00 LIVE **MLB New York Yankees v Chicago Cubs.** Coverage of the inter-league match from Yankee Stadium. Start-time **6.05pm**.
9.15 **MLB: Off the Bat**
9.45 **TNT Sports Reload**
10.00 **Wimbledon** Highlights from the 13th day of the tournament.
11.30 **MotoGP** Action from the Grand Prix of Germany sprint race.
12.00 M'T LIVE **UFC** The preliminary bouts at Bridgestone Arena.
2.00 AM LIVE **UFC Derrick Lewis v Tallison Teixeira.** Coverage of the heavyweight bout at Bridgestone Arena in Nashville.
5.00 **UFC Connected**
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

7.00 AM **MotoGP** From Germany.
7.30 LIVE **MotoGP** The Grand Prix of Germany Moto2 and Moto3 second free practice sessions.
9.00 LIVE **MotoGP** The Grand Prix of Germany MotoGP qualifying session staged at Sachsenring.
11.00 **MotoGP Rewind**
11.45 LIVE **MotoGP** The Grand Prix of Germany Moto2 and Moto3 qualifying sessions at Sachsenring in Chemnitz. Start-time **11.50am**.
1.45 PM LIVE **MotoGP** The Grand Prix of Germany MotoGP sprint race, the 11th round of the season at Sachsenring in Chemnitz, Germany. Start-time **2.00pm**.
2.45 **TNT Sports Reload**
3.15 **Training Day** With Tim Henman.
3.30 LIVE **Wimbledon** Coverage of the ladies singles final staged at the All England Club.
6.30 **The WRC Magazine**
7.00 **TNT Sports Cricket Reload**
7.15 LIVE **Test Cricket West Indies v Australia.** Coverage of the first day of the third and final Test from Sabina Park in Kingston.
3.30 AM **Women's Giro d'Italia**
4.30 **to 6.00** AM **Wimbledon**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
7.55 LIVE **International Rugby Union New Zealand v France.** Coverage of the second Test at Sky Stadium. Kick-off **8.05am**.
10.00 LIVE **British and Irish Lions Tour Invitational Australia & New Zealand XV v British & Irish Lions.** Warm-up match at Adelaide Oval. Kick-off **11.00am**.
2.00 PM **British and Irish Lions Tour**
3.00 **Lions Legends** Welsh backs.
3.30 **Rugby Union Retro**
3.45 **Rugby Greatest Games**
3.50 LIVE **International Rugby Union South Africa v Italy.** Coverage of the second Test at Nelson Mandela Bay Stadium in Port Elizabeth. Kick-off **4.10pm**.
6.00 **British and Irish Lions Tour**
8.00 **Lions Legends** Welsh backs.
8.30 LIVE **International Rugby Union Argentina v England.** Coverage of the second Test staged at Estadio San Juan del Bicentenario. Kick-off **8.40pm**.
10.40 **British and Irish Lions Tour**
2.25 AM **The Rugby Championship**
4.40 **Rugby Greatest Games**
4.45 **Lions Legends** Player profile.
5.00 **to 6.00** AM **Rugby Union Retro**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Greatest Games**
6.15 LIVE **NRLW St George Illawarra Dragons v Sydney Roosters.** Coverage of the match from the second round of fixtures, staged at Jubilee Stadium in Sydney. Kick-off **6.15am**.
8.00 **Super League Highlights**
8.15 LIVE **NRLW North Queensland Cowboys v Newcaslte Knights.** Coverage of the match from the second round of fixtures at Queensland Country Bank Stadium. Kick-off **8.15am**.
10.00 LIVE **DP World Tour Golf** Coverage of the featured groups on day three of the Genesis Scottish Open, the Rolex Series event staged at Renaissance Club.
2.30 PM LIVE **DP World Tour Golf** Continued coverage of day three of the Genesis Scottish Open, the Rolex Series event staged at Renaissance Club, North Berwick.
8.00 **Sky Sports News**
12.00 M'T **Super League** A replay of Leigh Leopards v Wigan Warriors.
2.45 AM **EFL Greatest Games**
3.00 **Super League** Hull Kingston Rovers v Leeds Rhinos.
5.45 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Formula 1** British Grand Prix.
7.00 **Ladies European Tour Golf**
8.00 **LPGA Tour Golf**
9.00 LIVE **LPGA Tour Golf** The third day of the Amundi Evian Championship at Evian Resort Golf Club in Evian-les-Bains, France.
3.00 PM **Test Cricket** England v India.
5.00 **Show Jumping** From Aachen.
6.00 **Best of England v Windies**
6.30 LIVE **Women's International T20 Cricket England v India.** Coverage of the fifth and final T20 in the series staged at Edgbaston.
10.00 **Test Cricket** England v India.
11.00 **LPGA Tour Golf** Highlights.
12.00 M'T **PL Greatest Games**
1.00 AM **Ladies European Tour Golf**
2.00 **HotelPlanner Tour Golf**
2.25 **Golf Academy** Expert tips.
2.50 LIVE **NRLW New Zealand Warriors v Parramatta Eels.** Coverage of the match at Go Media Stadium. Kick-off **2.50am**.
4.35 **EFL Greatest Games**
5.05 **to 6.00** AM **Test Cricket**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **V8 Supercars**
8.00 **European Rally Championship**
8.30 **WRC Review** Mid-season.
9.00 LIVE **Superbike World Championship** Donington Park.
9.30 **Superbike World Championship**
10.30 LIVE **Superbike World Championship** Donington Park.
12.00 NOON LIVE **Women's Circuit Racing World Championship**
1.00 PM LIVE **Superbike World Championship** Donington Park.
4.15 **Highlights**
6.00 LIVE **WNBA Chicago Sky v Minnesota Lynx.** Tip-off **6.00pm**.
8.00 **Tour de France Highlights**
9.00 LIVE **MLB San Francisco Giants v Los Angeles Dodgers.**
12.15 AM **MLB Classic** Archive action.
12.30 LIVE **MLB Houston Astros v Texas Rangers.** S-t **12.35am**.
3.45 **TNT Sports Reload**
4.00 **to 7.00** AM LIVE **AFL Melbourne Demons v North Melbourne.**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League**
7.30 **TCR World Tour Review**
8.00 LIVE **Formula E** From Berlin.
9.00 **Wimbledon** The 12th day.
10.30 **UCI Mountain Bike World Series**
11.30 LIVE **UCI Mountain Bike World Series** From Pal Arinsal.
3.15 PM LIVE **Formula E** Coverage of the Berlin ePrix opening race.
4.30 **Premier League Stories**
5.00 **Ultimate Pool** Pairs Cup.
6.30 **T20 Cricket Highlights**
7.30 **UCI Mountain Bike World Series**
8.00 LIVE **Climbing World Cup**
9.00 **Motorcycling Highlights**
10.00 **The WRC Magazine**
10.30 **Formula E Highlights**
11.30 **UCI Mountain Bike World Series**
12.00 M'T **TNT Sports Reload**
12.30 AM **Fishing: On the Bank**
1.30 **Superbike World Championship**
2.00 **Tour de France Highlights**
3.00 **Formula E** Berlin ePrix race one.
4.00 **The WRC Magazine**
4.30 **to 6.00** AM **Ultimate Pool**

Premier Sports 1

419 551

6.00 AM **Motorsport** Drew Gibson.
7.00 **Transworld Sport** Magazine.
8.00 **FIM Sidecarcross**
9.00 **LaLiga Specials** Season review.
10.00 **FIA World Endurance Championship** From Le Mans.
11.00 **NASCAR Highlights**
12.00 NOON **World Surf League**
1.00 PM **DTM Highlights**
2.00 **Transworld Sport** Magazine.
3.00 **PSA Squash Highlights**
4.00 **LaLiga Specials** Archive action.
5.00 LIVE **Premier Sports Cup Hearts v Dunfermline.** The Group E match. Kick-off **5.15pm**.
7.45 **LaLiga Specials** Goalkeepers.
8.00 **DTM Highlights** In Norisring.
9.00 **Transworld Sport** Magazine.
10.00 **World Surf League**
11.00 **Motorsport** Drew Gibson.
12.00 M'T **Independent Kart Racing**
1.30 AM **FIA World Endurance...**
2.30 **PSA Squash Highlights**
3.30 **DTM Highlights** In Norisring.
4.30 **to 6.00** AM **Motorsport**

Premier Sports 2

420 552

6.00 AM **Swedish Speedway** A replay of Vargarna v Dackarna.
8.00 **Bike World** Magazine.
8.30 **International Rugby Union** A chance to see Fiji v Scotland.
10.30 **Major League Cricket**
3.00 PM **LaLiga Specials** A look at how the promoted teams fared in the 2024/25 season.
4.00 **Swedish Speedway** A chance to see Vargarna v Dackarna.
6.00 **CONCACAF Gold Cup** Another chance to see the final.
8.00 **International Rugby Union** A chance to see Fiji v Scotland.
10.00 **Premier Sports Cup** A chance to see Hearts v Dunfermline.
12.00 M'T **Temples of Sport**
1.00 AM **Champions Cup** Another chance to see Northampton Saints v Bordeaux Begles in the final.
3.15 **LaLiga Specials** A look back at the best goalkeepers of 2024.
3.30 **Swedish Speedway**
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** British Grand Prix.
7.00 **GB3 Championship Highlights**
8.00 **British GT Championship**
9.00 **British F4** From Silverstone.
11.00 **Formula 1** British Grand Prix.
3.15 PM **Craig Slater Behind the Scenes with Ferrari**
3.30 LIVE **British GT Championship** Coverage of the qualifying session at Snetterton.
4.35 **F1 Features**
5.00 LIVE **Indycar** The Synk 275 qualifying session in Newton, Iowa.
6.00 **Formula 1** Season highlights.
6.30 LIVE **Indy NXT** The Grand Prix at Road America in Newton, Iowa.
7.30 **British GT Championship**
8.35 **F1 Features**
9.00 **Indycar** Synk 275 qualifying.
10.00 LIVE **Indycar** The Synk 275.
12.00 M'T **Indy NXT** Highlights.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

13 July

Evening Planner

Tennis

Wimbledon Finals

BBC1, BBC2 & BBC iPlayer, from 11am

As play at SW19 draws to a close, will Carlos Alcaraz be on track to claim his third Wimbledon singles title in a row?

Football

Women's Euro 2025

ITV1 & S4C, kick-off 8pm

Who will come out on top in the battle of the Lionesses v the Dragons, as England face Wales in their final group game?

Documentary

24 Hours in Police Custody: Lost Boys

C4, 9pm

Cameras follow police as they look into the disappearance of a 15-year-old boy.

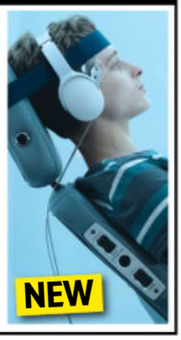
OnDemand

MGM+

The Institute

Available today

A teenager with telekinetic powers is kidnapped by scientists, in this supernatural tale from the mind of Stephen King.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 4.00 Wimbledon – Live: The men's singles final				9.00 The Repair Shop: Favourite Fixes		10.00 News	10.30 Film: Robin...
	102 BBC2	7.00 Countryfile		8.00 Antiques Roadshow		9.00 Live Aid at 40: When Rock 'n' Roll...		10.00 Film: The Courier	
	103 ITV1	7.00 Football: Women's Euro 2025 – Live: England v Wales (Kick-off 8.00)							10.30 News
	104 CHANNEL 4	‹ 6.00 Film: Fisherman's Friends		8.00 Jimmy Doherty's Big Bear Rescue		9.00 24 Hours in Police Custody: Lost Boys		10.00 Celebrity Gogglebox	
	105 5	‹ 6.30 Football: FIFA Club World Cup – Live: Coverage of the final (Kick-off 8.00)							
	106 SKY SHOWCASE	7.00 Rob & Romesh vs Drag		8.00 An Idiot Abroad		9.00 Film: Blacklight			
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Film: Safe Haven				9.50 Cuckoo	
	116 BBC4	7.00 Today at the Test		8.00 Summer Night Concert from Vienna					10.10 The Last Musician of Auschwitz
	118 ITV2	‹ 6.20 Film: War for the Planet of the Apes				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Rick and Morty		10.00 Film: Angel Has Fallen	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country				10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.35 Game of Thrones				9.00 True Detective			10.10 The Wire
	110 U&GOLD	7.00 Gavin & Stacey					9.30 Neil & Martin's Bon Voyage		10.30 Men Behaving...
	111 U&DAVE	7.00 Border Force: America's Gatekeepers		8.00 Have I Got a Bit More News for You		9.00 Have I Got 2021 News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Midsomer Murders		8.00 Doc Martin				10.00 Vera	
	120 ITV4	7.00 Football: Women's Euro 2025 – Live: Netherlands v France (Kick-off 8.00)							10.10 Tour de France Highlights
	112 COMEDY CENTRAL	‹ 6.25 Friends	7.25 Film: Ace Ventura Pet Detective			9.00 Film: Austin Powers in Goldmember			
	139 SKY SCI-FI	7.00 Star Trek: The Next Generation							
	113 SKY MAX	‹ 6.00 Agatha Raisin		8.00 An Idiot Abroad		9.00 Rob & Romesh vs Andy Murray		10.00 Freddie Fries Again	
	109 U&ALIBI	7.00 Hudson & Rex		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	‹ 6.45 The Hollies: Look Through Any Window					9.20 Freddie Mercury: The Untold Story		
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners		8.00 Alaska: Homestead Rescue				10.00 Street Outlaws: Locals Only	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Nature's Strangest Mysteries: Solved		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Hindenburg: The New Evidence		8.00 Lost Ships of WW2		9.00 Jaws @ 50: The Definitive Inside Story			
	123 SKY HISTORY	7.00 History's Greatest Mysteries				9.00 Clash of the Gods			
	155 U&YESTERDAY	7.00 Cornwall with Simon Reeve				9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Super/Man: The Christopher Reeve Story				9.00 Crazy, Not Insane			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.45 William Tell		8.00 Wicked					
	302 2025 RECAP	‹ 5.50 The Killer		8.00 Beetlejuice Beetlejuice				10.00 Smile 2	
	303 EPIC WORLDS	‹ 5.20 Wicked		8.00 The Mummy					10.10 The Mummy Returns
	304 GREATS	‹ 6.10 Dumb and Dumber		8.00 Ace Ventura Pet Detective			9.35 Ace Ventura: When Nature Calls		
	305 ANIMATION		7.10 Two by Two			8.45 The Wild Thornberrys Movie			10.20 Piece By Piece
	306 FAMILY	‹ 6.25 Peter Rabbit 2: The Runaway		8.05 Look Who's Talking				9.45 Batteries Not Included	
	307 ACTION	‹ 5.55 Mad Max: Fury Road		8.00 Godzilla x Kong: The New Empire				10.05 Twister	
	308 COMEDY	‹ 6.00 Dinner for Schmucks		8.00 Ride Along				9.45 Ride Along 2	
	309 THRILLER	‹ 6.05 Out of the Blue		8.00 Ocean's Twelve					10.10 American Gangster
	310 DRAMA	‹ 6.15 Aisha		8.00 Horizon: An American Saga – Chapter 1					
	311 SUPERMAN	‹ 6.55 Superman					9.20 Superman II		
	313 FILM4	‹ 6.55 Sister Act				9.00 Bohemian Rhapsody			
SPORT	401 MAIN EVENT	‹ 6.30 DP World Tour Golf – Live		8.00 Sky Sports News		9.00 PGA Tour Golf – Live: The ISCO Championship			
	402 PREMIER LEAGUE	7.00 We're Not...	7.30 Newcastle...	8.00 Transfer 360		9.00 Gary Neville's Soccerbox		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Championship Retro			8.45 EFL Greatest Games			10.00 EFL Cup Retro	
	404 CRICKET	7.00 Ashes Greats	7.30 Best of England...	8.00 Test Cricket		9.00 Best of England v India			
	410 TNT SPORTS 1	‹ 6.30 MLB – Live: Boston Red Sox v Tampa Bay Rays (Start-time 6.35)						10.00 Wimbledon	
	411 TNT SPORTS 2	‹ 3.30 Wimbledon...	7.30 UCI Mountain...	8.00 Tour de France Men Highlights		9.00 MLB – Live: San Diego Padres v Philadelphia Phillies (Start-time 9.10)			

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Homes Under the Hammer** Properties in Durham, Great Yarmouth and Newport. (S)(R)(AD)
11.30 **Bargain Hunt** From Kedleston Hall in Derbyshire. (S)(R)(AD)
12.00 NOON **Points of View** New edition
12.15 PM **Songs of Praise** New edition The Rev Kate Bottley celebrates 160 years of the Salvation Army. (S)
12.50 **BBC News** (S)
1.05 LIVE **Wimbledon** Coverage of the 14th and final day of the Grand Slam tournament. (S)
4.00 LIVE **Wimbledon** Coverage of the men's singles final on the 14th and concluding day of the Grand Slam tournament staged at the All England Club. (S)

4.00 Wimbledon

6 PM

6.00 LIVE Wimbledon
Continued coverage of the men's singles final of the Grand Slam tournament from the All England Club. Carlos Alcaraz and Novak Djokovic met for the second year running in 2024's showpiece match and it was Alcaraz who once again claimed victory, prevailing 6-2, 6-2, 7-6. The Spaniard won the French Open title with a sensational comeback against Jannik Sinner last month to take his total number of Grand Slam titles to five, but was expected to face stiff competition this year in his bid to make it three Wimbledon triumphs in a row from the likes of Sinner, Djokovic and British hope Jack Draper. (S)

7 PM

9.00 The Repair Shop: Favourite Fixes
Bill Paterson reminisces about some of the most unusual fixes, including a hovering vacuum cleaner and a Victorian lightning machine. (S)(R)(AD)

8 PM

10.00 BBC News (S)
10.25 Local News (S)
10.30 FILM Robin Hood
Ridley Scott's epic adventure telling the story of how Robin Hood became an outlaw, starring Russell Crowe and Cate Blanchett. A humble archer takes on the identity of a dead knight while returning from the Crusades and goes to the aid of the dead man's widow. With William Hurt, Mark Strong and Mark Addy. (S)(AD) (2010, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

9 PM

10 PM

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.20 AM **A to Z of TV Gardening** (S)(R)
7.05 **Take a Hike** (S)(R)
7.35 **Life in a Cottage Garden with Carol Klein** (S)(R)(AD)
8.05 **Countryfile** (S)(R)
9.00 **Beechgrove Garden** New edition
9.30 **Weatherman Walking: The Welsh Coast** (S)(R)
10.00 **This Farming Life** (S)(R)
11.00 LIVE **Wimbledon** Coverage of the final day of the tournament. (S)
12.50 PM **A Cook Abroad: Rachel Khoo's Malaysia** (S)(R)(AD)
1.50 FILM **Passport to Pimlico** Ealing comedy starring Stanley Holloway. (S) (1949, b/w, U, 80min) ★★★★★
3.10 FILM **Butch Cassidy and the Sundance Kid** Western with Paul Newman and Robert Redford. (S) (AD) (1969, PG, 110min) ★★★★★
5.00 **Flog It!** From Devon. (S)(R)

10.00 The Courier

6 PM

6.00 My Tiger Family
The 50-year story of a wild tiger family in north-west India, with the lives of the big cats documented by Valmik Thapar, who has dedicated his life to following them. (S)(R)(AD)

7 PM

7.00 Countryfile
New edition Adam Henson is in the Vale of Evesham, Worcestershire, to meet the Padda family, three generations running one of the UK's most vibrant soft-fruit farms. (S)

8 PM

8.00 Antiques Roadshow
Fiona Bruce presents the show from Clissold Park in Stoke Newington, where items include ancient Peruvian pottery, an archive of textile designs, and Harold Wilson's pipe. (S)(R)

9 PM

9.00 Live Aid at 40: When Rock 'n' Roll Took on the World
Series finale 3/3. A look at how Bob Geldof and Bono of U2 teamed up to stage Live 8 in July 2005. (S)(AD)
■ Entire series on BBC iPlayer

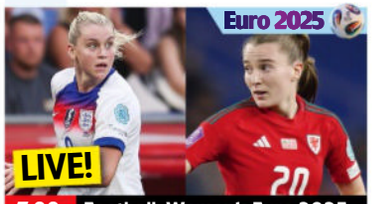
10 PM

10.00 FILM The Courier
Fact-based spy drama starring Benedict Cumberbatch.
A salesman is recruited to infiltrate Cold War Moscow, from where he carries Russian intelligence to the CIA and MI6. (S) (2020, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.45 **Today at Wimbledon** A look back at the men's singles final. (S)
12.45 AM **Golf: Scottish Open Highlights** Action from the final day's play. (S)
1.45 **Today at the Test** England v India: Highlights of the fourth day's play of the third Test from Lord's. (S)(R)
2.45 **Sign Zone: The Moment of Proof**
3.15 **Sign Zone: Live Aid at 40: When Rock 'n' Roll Took on the World**
4.15 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **John and Lisa's Weekend Kitchen** Celebrating rice. (S)(R)
7.00 FILM **Shark Tale** Animation. (S)(AD) (2004, U, 85min) ★★★★
8.25 **Katie Piper's Weekend Escape** New edition Talk show. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
11.25 **Ninja Warrior UK** (S)(R)(AD)
12.25 PM **ITV News** (S)
12.35 FILM **Tomorrow Never Dies** James Bond thriller with Pierce Brosnan. (S)(AD) (1997, 12, 135min) ★★★
2.50 LIVE **Pre-Season Football** Preston North End v Liverpool: From Deepdale. Kick-off is at 3.00. (S)
5.10 **In for a Penny** (S)(R)(AD)
5.40 **The Chase Celebrity Special** With David James, Lucrezia Millarini, Joe Sugg and Myles Stephenson. (S)(R)



7.00 Football: Women's Euro 2025

6 PM

6.30 ITV News (S)
6.45 Local News (S)

7 PM

7.00 LIVE Football: Women's Euro 2025
Home Nations
England v Wales: Laura Woods presents coverage of both teams' third and final Group D match, held at Arena St Gallen in Switzerland. England are the reigning European champions, while Wales are playing in this tournament for the first time. Given this group also contains two other strong, experienced sides in France and the Netherlands, few will have expected Wales to still be in with a chance of progressing going into this contest, but they will be determined to upset the odds against their rivals. With analysis from Emma Hayes, Karen Carney and Jayne Ludlow, and commentary by Seb Hutchinson and Lucy Ward. Kick-off is at 8.00. (S)(AD)
■ Netherlands v France on ITV4.

8 PM

10.30 ITV News (S)
10.45 FILM Jaws
Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (S)(AD) (1975, 12, 145min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Teleshopping**
3.00 **Motorsport UK** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tour de France Highlights** Action from the ninth stage of the famous race. (S)(R)

9 PM

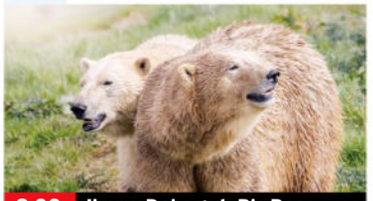
10 PM

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.10 AM **Cheers** (S1&2) (S)(R)
8.00 **The Simpsons** (S)(R)(AD)
8.55 **Bake Off: The Professionals** 7/10. The teams produce hanging chocolate showpieces. (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Conan Gray, Sam Palladio and Aggy K Adams. Plus, music from Amy Macdonald. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.55 **Four in a Bed** The first visit of the week is to the Greyhound Inn in the Peak District. (S)(R)
3.25 A visit to Little Middop Farm in the Ribble Valley. (S)(R)
4.00 From the Old Hall Country Breaks in Norfolk. (S)(R)
4.30 The final visit is to the Half Moon Inn in Norfolk. (S)(R)
5.00 Payment day arrives. (S)(R)
5.30 **News** (S)


8.00 Jimmy Doherty's Big Bear...

6 PM

6.00 FILM Fisherman's Friends
Comedy drama starring James Purefoy, Daniel Mays and Tuppence Middleton. A music executive heads to a Cornish fishing village on a mission to recruit a group of 10 local fishermen to record an album of sea shanties. With David Hayman, Dave Johns, Noel Clarke and Maggie Steed. (S)(AD) (2019, 12, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7 PM

8 PM

8.00 Jimmy Doherty's Big Bear Rescue
New edition When a pack of 12 arctic wolves need a new home, Jimmy and his team set out to build a vast bespoke enclosure. (S)(AD)

9 PM

9.00 24 Hours in Police Custody: Lost Boys
New edition Bedfordshire police investigate drugs gangs that are recruiting children to work for them. (S)(AD)

10 PM

10.00 Celebrity Gogglebox
Some of Britain's best-known personalities turn their hand to being the country's most opinionated viewers, sharing their thoughts on what they've been watching on TV. (S)(R)(AD)
11.00 First Dates (S)(R)(AD)
12.00 M'T **NEW Walter Presents: Arcadia** 1/8. Dutch drama. Subtitled. (S1) (S)
■ Entire series on C4 Streaming
1.00 AM **Ramsay's Hotel Hell** (S)(R)
1.45 The Simpsons (S)(R)(AD)
3.50 Dover 24/7: Britain's Busiest Port Documentary. (S)(SL)(R)(AD)
4.40 Jamie's Comfort Food (S)(R)
4.50 Location, Location, Location (R)
5.45 to 6.25 AM **Countdown** (S)(R)

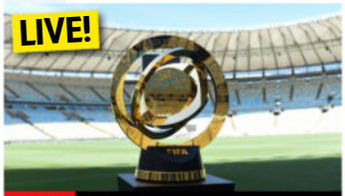
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.15 **Today at the Great Yorkshire Show** 1&2/2. Double bill. (S)(R)
11.10 **Cruising with Jane McDonald** Triple bill of editions. (S)(R)
2.10 PM **Majorca: Jewel of the Med** Documentary exploring the culture of Majorca. (S)(R)
3.05 A look at the yachting industry's relationship with the island. (S)(R)
4.05 Cameras focus on British chef Marc Fosh, who is on a mission to celebrate the best of Majorca's produce. (S)(R)
5.05 **The Great Plague with Rob Rinder & Ruth Goodman** Rob and historian Ruth explore the Great Plague of 1665. (S)(R)



6.30 FIFA Club World Cup

6.30 **LIVE Football: FIFA Club World Cup** Coverage of the final which takes place at MetLife Stadium in East Rutherford, New Jersey. Manchester City entered this tournament as the defending champions, having defeated Fluminense 4–0 in the 2023 final in Jeddah. However, in the first staging of the competition since it was expanded, they were beaten 4–3 by Al Hilal in extra time at the last-16 stage this time around. Kick-off is at 8.00. (S)

10.55 **Police: Suspect No 1** Inspector Tom Smith and his CID team investigate a series of burglaries targeting the elderly, and suspect they might be the work of a man known to police. (S)(R)

11.55 **Police: Night Shift 999** Officers are called to a fight in a takeaway and arrest four men on suspicion of affray. (S)(R)
12.50 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Celebrity 5 Go Fishing** (S)(R)
4.15 **Friends** 12/24. (S7) (S)(R)(AD)
4.40 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **Monkey Life** (S)(R)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **The Office (US)** (S7) (S)(R)
11.15 FILM **Extinct** Animated fantasy featuring the voices of Adam Devine and Rachel Bloom. (S) (2021, U, 84min) ★★★
1.00 PM **Hitsville: The Making of Motown** The history of the Motown record label. (S)(R)
3.00 **The Simpsons** Six episodes of the animation, including at: **5.30** *The Sound of Bleeding Gums:* Lisa meets the son of Bleeding Gums Murphy and tries to improve his life. (S)(R)

3.00 The Simpsons

6.00 **Rob & Romesh vs Art** Comedians Rob Beckett and Romesh Ranganathan delve into the world of art and create exhibitions for the Saatchi Gallery. (S)(R)(AD)

7.00 **Rob & Romesh vs Drag** The duo dive into the world of drag queens with the help of Michelle Visage, The Vivienne and Baga Chipz, before performing in front of an audience. (S)(R)(AD)

8.00 **An Idiot Abroad** 1/8. Ricky Gervais and Stephen Merchant send their friend and former radio producer Karl Pilkington on a world tour, beginning with a visit to China. (S)(R)

9.00 FILM **Blacklight** Action thriller starring Liam Neeson. A government operative coming to terms with his shadowy past finds himself in the crosshairs of the FBI director he once helped protect. With Aidan Quinn, Taylor John Smith and Emmy Raver-Lampman. (S) (AD) (2022, 15, 104min) ★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **The Walking Dead: Dead City** 1/8. Maggie and Negan are trapped on opposite sides of the war. (S2) (S)(R)(AD)
12.00 M'T **And Just Like That...** (R)
1.00 AM **Brassic** (S4) (S)(R)(AD)
2.00 **The Gilded Age** New episode 4/8. Gladys and the duke's wedding is imminent. (S3)
3.10 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am Lost and Found in the Lakes (S)(R)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00am Scam Interceptors (S)(R)
10.30pm Not Going Out New episode (S)(AD)
11.00 FILM Robin Hood (S)(AD) (2010, 12, 135min) ★★★ **1.15-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00am Politics Wales (S) **10.30pm** Legends of Welsh Sport: Liz Johnson – Swimming Against the Tide (S)(R) **11.00** St Denis Medical (S)(R) **11.40** FILM Robin Hood: As N. Ireland. **1.55-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
3.10pm Weather Watchers with Barra Best (S)(R)
3.30 LIVE All-Ireland Championship (S) **6.00** Flog It! (S)(R) **6.30-7.00** True North: High Stakes (S)(R) **8.00** The Great House Revival (S)(R) **8.50-9.00pm** Meet the Bears (S)(R)

WALES
Sky 968, Freesat 968
5.00pm Flog It! (S)(R)
5.30-7.00pm NEW Vienna Philharmonic: Spring in Paris (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y 'Sgubor Flodau **10.00** 3 Lle (AD) **10.30** Cynefin **11.30** Gronyn Gobaith: Cymry Cern **12.30pm** Cyfres Triathlon Cymru 2025 **1.30** Sgwrs Dan y Lloer **2.00** LIVE Seiclo: Tour de France **4.20** Bwrdd i Dri (AD) **4.50** Ffermio **5.20** Taith y Llewod **6.15** Pobol y Cwm Omnibws (AD) **7.00** Newyddion a Chwaraeon **7.15** LIVE Football: Women's Euro 2025 **10.15** Seiclo: Tour de France **10.50-11.55pm** Radio Fa'ma (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Lauren and Peter get answers, while Harry takes drastic action. **7.30** Lauren and Peter have a scare, while Ravi takes matters into his own hands.
8.00 FILM **Safe Haven** Romantic thriller based on a novel by Nicholas Sparks, starring Julianne Hough and Josh Duhamel. A fugitive young woman falls in love with a widowed father while hiding in a small North Carolina town. With Cobie Smulders and David Lyons. (2013, 12, 113min) ★★★
9.50 **Cuckoo** 5/7. Steve takes it upon himself to cheer Ivy up by throwing a divorce party. **10.15** 6/7. Ivy accidentally has her dog put down. **10.40** 7/7. Ken finds himself in hot water. (S5)
11.05 **Such Brave Girls** (S2)
12.05 AM **Ballers: Ball or Nothing** Double bill.
1.05 **Things You Should Have Done** 1&2/6. Comedy. (S1)
2.00 **My Insta Scammer Friend**
2.45 **to 4.00** AM **Cuckoo**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **A Place in the Sun** Seven editions of the series.
3.35 PM **Come Dine with Me** Five editions of the culinary contest from Bristol.
6.15 **Four in a Bed** The competition begins at Bowlees Farm Holiday Cottages in Co Durham. **6.50** The second visit of the week is to the Piebald Inn in Hunmanby, North Yorkshire. **7.20** The third visit of the week is to Stoneleigh House Hotel in Buckingham.
7.55 **Four in a Bed** The fourth and final venue is glamping farmsite Evenlode Grounds in the Cotswolds. **8.25** The owners find out how much they've been paid.
9.00 NEW SERIES **999: On the Front Line** When a patient is found unresponsive at home and with no reaction to pain, a second crew is called as she needs to be urgently transported to hospital.
10.00 **24 Hours in A&E** Seventy-year-old Jenny is brought in with a suspected stroke, and doctors must confirm the diagnosis and decide whether she is still in time to receive treatment.
11.05 **Rescue: Extreme Medics**
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v India: Alison Mitchell presents action from the fourth day of the third Test in the five-match series, held at Lord's.
8.00 NEW **Summer Night Concert from Vienna** The Vienna Philharmonic Orchestra's annual performance in Schönbrunn Palace Gardens, with Polish tenor Piotr Beczala joining for arias from Bizet's *Carmen* and Puccini's *Turandot*.
10.10 **The Last Musician of Auschwitz** Documentary telling the story of 99-year-old Anita Lasker-Wallfisch, the only surviving member of the women's orchestra at Auschwitz.
11.40 **Plague Fiction** Professor Laura Ashe takes a look back at the Black Death of the 14th century.
12.40 AM **Freddie Mercury: The Final Act** The last years of the Queen frontman's life.
2.10 **to 3.10** AM **Freddie Mercury: A Life in Ten Pictures**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks Omnibus**
7.15 **Rude(ish) Tube Shorts**
7.25 **Ramsay's Kitchen Nightmares USA**
9.15 **Ramsay's 24 Hours to Hell and Back** From Maryland.
11.15 FILM **Babe** Comedy drama starring James Cromwell. (1995, U, 92min) ★★★★★
1.05 PM **The Big Bang Theory**
3.40 FILM **Transformers: Dark of the Moon** Sci-fi action adventure sequel starring Shia LaBeouf. (2011, 12, 154min) ★★★
6.35 **The Simpsons** Five episodes, including at: **8.00** *The Italian Bob:* The family head to Italy. **8.30** *Missionary: Impossible:* Homer becomes a missionary on a remote Pacific island.
9.00 **Rick and Morty** New episode 7/10. The duo write the next instalment of their favourite film franchise. **9.30** 6/10. Beth and Space Beth get nostalgic. (S8)
10.00 FILM **Angel Has Fallen** Action thriller starring Gerard Butler. Secret Service agent Mike Banning is framed for an assassination attempt on the US president, and races to clear his name. (2019, 15, 121min) ★★★
12.20 AM **Gogglebox**
2.30 **Naked Attraction**
3.25 **Gogglebox**
4.20 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: Canada's Front Line**
6.30 **Send in the Dogs**
7.30 **Caught Red Handed** Six editions, including at: **9.45** The case of two thieves who stole a tortoise from a zoo. **10.30** Detectives follow a trail of blood that leads to a thief. **11.15** A thief is taken down after a dramatic pursuit.
12.00 NOON **Caught on Dashcam**
1.00 PM **Border Patrol** Double bill.
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Fire Country

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Fire Country *At the End of My Rope:* 20/22. The crew respond to a deadly explosion at an abandoned mine.

9 PM
9.00 Fire Country *Backfire:* 21/22. The crew is called to a backfire started by a private firefighting company. (S1)

10 PM
10.00 The Rookie *The Gala:* 6/18. John and Celina attempt to track down a missing girl. (S7)

11.00 **FBI: International** (S3)
1.00 AM **FBI** 22/22. (S4)
2.00 **Elsbeth** New episode 10/20. A Wall Street titan is killed after giving up his fortune. Guest stars Alan Ruck. (S2)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
8.00 **Urban Secrets**
9.00 **Westworld** 6–8/8. (S3)
1.05 PM **Westworld** 1/8. Events are set in motion that reunite allies and enemies. **2.15** 2/8. William announces a new Delos venture. (S4)
3.20 **Game of Thrones** 6/10. An old foe returns, and Arya faces a difficult choice. **4.20** 7/10. Arya makes a plan and Jaime confronts a hero. **5.25** 8/10. Tyrion's plans start to bear fruit. (S6)

9.00 True Detective

6.35 Game of Thrones *Battle of the B********:* 9/10. Davos loses something dear. **7.45** *The Winds of Winter:* 10/10. As Cersei awaits judgement, Walder Frey and Jaime celebrate at Riverrun. Meanwhile, winter finally arrives. (S6)

8.00 Fire Country *At the End of My Rope:* 20/22. The crew respond to a deadly explosion at an abandoned mine.

9.00 True Detective *The Western Book of the Dead:* 1/8. Four individuals become wrapped up in a murder inquiry. (S2)

10.10 The Wire *Clarifications:* 8/10. A renewed commitment to the police brings much-needed new recruits. (S5)

11.20 **The Staircase** 8/8.
12.45 AM **Succession** 1/10. (S2)
2.05 **The Gilded Age** New episode 4/8. Gladys and the duke's wedding is imminent. (S3)
3.15 **The Leftovers** 3/10. (S2)
4.20 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **NCIS: Los Angeles** (S13)
9.00 **Hawaii Five-0** 14–18/25. (S8)
2.00 PM **Grimm** 13/22. A maskmaker targets Wesen to create masks with great power. **3.00** 14/22. Nick and Hank stumble upon a Wesen disease. **4.00** 15/22. A woman ages 70 years overnight. **5.00** 16/22. A preacher uses his Wesen identity to gain more believers. (S5)
6.00 **Agatha Raisin** *Love from Hell:* 3/4. James vanishes after a blazing row with Agatha. (S4)

6.00 Agatha Raisin

Agatha Raisin (started at 6.00pm)

8.00 An Idiot Abroad 1/8. Ricky Gervais and Stephen Merchant send Karl Pilkington on a world tour, beginning in China.

9.00 Rob & Romesh vs Andy Murray Rob Beckett and Romesh Ranganathan meet the tennis star.

10.00 Freddie Fries Again 4/6. Andrew Flintoff and Rob Penn visit the south-west of England, where they take on Cornish wrestlers.

11.00 **The Walking Dead: Dead City** 1/8. One year on, the war for control of Manhattan sees Maggie and Negan trapped on opposite sides. (S2)
12.00 M'T **The Force: North East**
1.00 AM **Brassic** 7/8. (S4)
2.00 **The Force: North East**
3.00 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.35 **Next Level Chef USA**
10.20 **Deal or No Deal**
12.20 PM **99 to Beat**
1.20 **Celebrity Catchphrase**
2.25 **FILM Spy Kids 2: Island of Lost Dreams** Comedy adventure sequel starring Alexa Vega and Daryl Sabara. (2002, U, 100min) ★★★★
4.30 **FILM Madagascar 3: Europe's Most Wanted** Animated adventure sequel. (2012, PG, 93min) ★★★★

6.20 War for the Planet of the...

6.20 FILM War for the Planet of the Apes Sci-fi adventure sequel starring Andy Serkis and Woody Harrelson. A conflict erupts between humans and intelligent primates in a post-apocalyptic future. (2017, 12, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10.00 Love Island: Aftersun New edition Featuring the latest gossip as well as opinions from a panel of celebrities.

11.05 **Family Guy** 11/21. Brian's estranged son turns up. **11.35** 7/21. Fame goes to Peter's head. (S12)
12.05 AM **American Dad!** (S11)
1.05 **Iain Stirling's CelebAbility**
1.50 **Ruby Speaking** 6/6. (S1)
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Lewis**
8.15 **FILM Carry On at Your Convenience** Comedy with Sid James and Charles Hawtrey. (1971, PG, 90min) ★★★
10.15 **Agatha Christie's Poirot**
12.10 PM **Downton Abbey** (S6)
4.00 **Midsomer Murders** *Judgement Day:* A petty thief is murdered during a perfect village competition. **6.00** *Beyond the Grave:* A village is rocked by a series of ghostly occurrences – including a man found dead.

11.50 Nolly

Midsomer Murders (started at 6.00pm)

8.00 Doc Martin *Rescue Me:* 1/8. A training exercise causes problems for the GP as he struggles to keep an appointment.

9.00 Doc Martin *The Shock of the New:* 2/8. Morwenna asks Martin for a pay rise, and Louisa has to find a new babysitter. (S7)

10.00 Vera *The Ghost Position:* The detective investigates a petrol-bomb attack on an ex-colleague and his daughter.

11.50 **Nolly** 1/3. Biopic of actor Noele Gordon, starring Helena Bonham Carter. **12.50** 2/3. Noele is desperate to know how the producers plan to get rid of her. (S1)
1.50 AM **George and Mildred**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Lucia Scalisi and Dominic Chinea help an iconic Glasgow landmark that has lost its lustre, discover how street art is changing the city and save a Chinese unicorn mask.
8.00 **Paramedics on Scene** Paramedics are called to the shore of Banton Loch, North Lanarkshire, where a man has fallen onto rocky ground, while in Hawick, a crew revive a man who has overdosed on drugs.
9.00 PM **to 12.00** M'T **TRNSMT** New edition Highlights of the third and final day from Glasgow Green, where acts included Snow Patrol, The Lathums and Gracie Abrams.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S4)
10.15 **Entourage** (S8)
12.50 PM **Crashing** (S3)
3.10 **Silicon Valley** (S2&3)
6.40 **The Office (US)** 15/26. Michael goes missing. **7.10** 16/26. Michael and Holly's kissing begins to irritate their co-workers. **7.35** 17/26. Michael finishes making his film *Threat Level Midnight*. **8.00** 18/26. Todd Packer moves into the Dunder Mifflin office. **8.30** 19/26. Michael decides he is going to propose to Holly. (S7)
9.00 **Veep** 3/10. Selina tries to help Marines being held hostage. **9.35** 4/10. The White House releases a terrible photo of Selina. (S2)
10.10 **Entourage** 3&4/8. (S1)
11.15 **Somebody Somewhere**
12.20 AM **And Just Like That...**
1.20 **Sex and the City** (S6)
2.40 **Hello Ladies: The Movie**
4.20 **to 5.00** AM **Fantasmas**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **My Favorite Things: The Rodgers & Hammerstein 80th Anniversary Concert**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Comedy Legends**
2.00 **Frank Sinatra: The Vintage Years**
3.00 **Opry Live**
4.00 **Johnny Cash Live**
5.25 **Close to You: Remembering the Carpenters**
6.45 **The Hollies: Look Through Any Window**
9.20 **Freddie Mercury: The Untold Story**
10.40 **Agatha Christie Hour**
11.40 **Alfred Hitchcock Hour**
12.40 AM **Luther: Never Too Much** Documentary.
2.40 **Led Zeppelin: In the Light**
4.00 **The Great Songwriters**
5.00 **Discovering: The Who**
5.30 **to 6.00** AM **Discovering: Jimi Hendrix**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Silly Animals**
8.10 **Play Your Pets Right**
8.25 **Isadora Moon**
8.40 **Trolls: Trollstopia**
9.00 **Caught on Dashcam**
10.00 **Star Trek: The Next Generation** (S1)
3.00 PM **Nothing to Declare**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
8.00 **The Rookie** *Coding:* 17/22. A man holds a hospital hostage to ensure his wife receives life-saving surgery. **9.00** *Backstabbers:* 18/22. The team investigate a train robbery, and Officer Harper takes matters into her own hands as she makes a life-changing decision. (S4)
10.00 **NCIS: Los Angeles** (S14)
12.00 M'T **Caught on Dashcam**
1.00 AM **Send in the Dogs**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** A family of five from Burnley take part. **4.00** Family and friends from Cheshire take part.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern as Paula takes on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary** Double bill of the game show.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Four episodes of the drama, including at: **4.00** *Murder to a Jazz Beat:* Jessica visits New Orleans where she helps solve the murder of a famous jazz musician.
5.00 **FILM Star Trek The Motion Picture** Sci-fi adventure based on the long-running TV series, starring William Shatner and Leonard Nimoy. (1979, U, 132min) ★★★
7.45 **FILM Star Trek II: The Wrath of Khan** Sci-fi adventure starring William Shatner. (1982, 12, 113min) ★★★★
10.10 **The Avengers** (S5&6)
3.00 AM **Randall and Hopkirk (Deceased)**
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

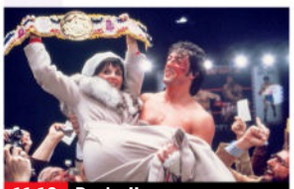
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.15 **The Protectors**
6.45 **Motorsport Mundial**
7.15 **Auto Mundial**
7.45 **Motorsport UK**
8.45 **The Big Match Revisited**
9.45 **Hornblower**
12.00 NOON **Junk and Disorderly**
1.00 PM **Tour de France Highlights**
2.00 **LIVE Tour de France** Coverage of the ninth stage from Chinon to Châteauroux.
4.50 **Football League Legends**
5.00 **Junk and Disorderly**



11.10 Rocky II

7.00 **LIVE Football: Women's Euro 2025** Netherlands v France: Coverage of both teams' third and final Group D match staged at St Jakob-Park in Basel. The Dutch are looking to regain the title they won on home soil in 2017, but face a tough test this evening against a French side who have found trophies hard to come by. Kick-off is at 8.00. ■ England v Wales on ITV1

10.10 **Tour de France Highlights** Action from the ninth stage, a route of 174.1 km from Chinon to Châteauroux.

11.10 **FILM Rocky II** Boxing drama sequel directed by and starring Sylvester Stallone, with Carl Weathers and Talia Shire. (1979, PG, 119min) ★★★

1.20 AM **Minder**
2.20 **The Protectors**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM LA Apocalypse** Sci-fi disaster drama starring Gina Holden. (2014, 15, 80min) ★
1.00 PM **Stargate Atlantis** Five episodes, including at: **4.00** 3/20. Teyla and Sheppard are taken captive. **5.00** 4/20. The mission to rescue McKay goes awry. (S2)
6.00 **Star Trek: The Next Generation** 3/26. Geordi disobeys Picard's orders to rescue his mother. (S7)

7.00 Star Trek: The Next...

7.00 **Star Trek: The Next Generation** *Gambit – Part One:* 4/26. Picard fails to return from an archaeological trip.

8.00 **Star Trek: The Next Generation** *Gambit – Part Two:* 5/26. Riker is challenged to kill Picard.

9.00 **Star Trek: The Next Generation** *Phantasms:* 6/26. Data's bad dream turns into a real-life nightmare for the crew.

10.00 **Star Trek: The Next Generation** *Dark Page:* 7/26. The crew welcome a delegation from a telepathic species. (S7)

11.00 **From the Earth to the Moon** 4/12. The year is 1968 and the astronauts are preparing for the Apollo 8 launch. **12.00** M'T 5/12. A Nasa engineer recalls the time he spent designing a vehicle for landing on the moon's surface. **1.00** AM 6-8/12. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown** Four episodes, including at: **3.00** PM *The Fire in the Sky:* Kembleford comes under threat of an alien invasion.
4.00 **Sherlock** 2/3. Sherlock faces a powerful new enemy who is seemingly unassailable, but who is concealing a terrible secret. With Toby Jones. (S4)
6.00 **Hudson & Rex** 7/8. Jesse and Stella's become the victims of a mass poisoning. (S7)

7.00 Hudson & Rex

7.00 **Hudson & Rex** Series finale *Hot Prowl in the City:* 8/8. A man is found stabbed, but there is no sign of a break-in. (S7)

8.00 **Father Brown** *The Kembleford Boggart:* The father of a young writer is found dead.

9.00 **Death in Paradise** *Murder from Above:* 1/8. A billionaire's fiancée falls from a balcony the day before her wedding. (S7)

10.00 **Father Brown** *The Lair of the Libertines:* The priest and his friends find themselves stranded with a group of hedonists.

11.00 **Shakespeare & Hathaway: Private Investigators** (S3)
1.00 AM **Pretty Hard Cases** 10/12. Sam and Kelly participate in workplace mental health training. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Gavin & Stacey**
12.45 PM **Gavin & Stacey** Ten episodes, including at: **5.10** The couple are welcomed home after their honeymoon, but a confession threatens to spoil the happy occasion. **5.50** Smithy goes missing following Nessa's revelation, and the boys try to track him down in an attempt to help him accept his responsibilities. **6.25** Stacey looks forward to a trip to see her family home after she struggles to adjust to life as an 'Essex wife'.

9.30 Neil & Martin's Bon Voyage

7.00 **Gavin & Stacey** The newlyweds argue while on a night out. **7.35** Bryn tries to organise a surprise party for Gwen's birthday. **8.15** The newlyweds begin leading separate lives. **8.55** Nessa goes into labour a month early, and the newlyweds are forced to put aside their differences to find Smithy.

9.30 **Neil & Martin's Bon Voyage** Neil Morrissey takes former co-star Martin Clunes on a road trip through France.

10.30 **Men Behaving Badly** Gary looks for a new flatmate following Dermot's departure – and along comes Tony.

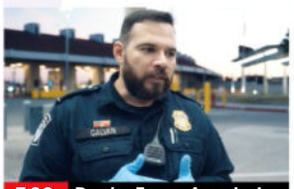
11.00 **Men Behaving Badly** Gary thinks Tony might be gay, and tries to uncover the truth. **11.35** Tony breaks up with his girlfriend to be with Deborah.
12.10 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Our Guy in Russia**
9.00 **Guy Martin's Battle of Britain**
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
3.00 **Hairy Bikers' Best of British**
5.00 **Our Guy in Russia** Guy Martin visits the home of automotive manufacturer Kamaz and drives one of their famous Dakar Rally-winning trucks.
6.00 **Ireland with Simon Reeve** 2/2. Simon visits Belfast for the July 12 parades, as well as exploring the Giant's Causeway.



7.00 Border Force: America's...

7.00 **Border Force: America's Gatekeepers** New edition A pedestrian is caught smuggling narcotics in bags of coffee.

8.00 **Have I Got a Bit More News for You** Martin Clunes hosts, with guests Steph McGovern and Armando Iannucci.

9.00 **Have I Got 2021 News for You** Compilation edition looking back at the big news stories of 2021.

10.00 **QI** With Jo Brand, Sean Lock and Rich Hall.
10.40 **Mock the Week** With Gary Delaney and Josh Widdicombe.
11.20 **Mock the Week**
12.00 M'T **Live at the Apollo** Kiri Pritchard-McLean introduces routines by Catherine Bohart and Babatunde Aléshé.
1.00 AM **Schitt's Creek**
3.00 **to 4.00** AM **Dave Gorman: Modern Life Is Goodish**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **George Clarke's Amazing Spaces**
4.00 **A Place in the Sun** Four editions, including at: **7.00** A man from south London looks for a home on the Costa Blanca.
8.00 **Supercruising: Life at Sea** A full-blown Dutch Orange Party is staged for nearly 3,000 passengers.
9.00 **Celebrity Gogglebox** Famous faces appraise recent TV shows.
10.00 **FILM The Mechanic** Thriller starring Jason Statham and Ben Foster. (2011, 15, 93min) ★★
11.50 **FILM Stuber** Action comedy thriller starring Dave Bautista. (2019, 15, 93min) ★★
1.40 AM **First Dates**
2.40 **Shoot to Kill: Terror on the Tube** Double bill.
4.35 **to 5.00** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Blue Bloods** (S5)
1.00 PM **NCIS** Eight episodes of the drama, including at: **6.00** *Keep Your Friends Close:* 14/24. Gibbs and his team are forced to work with Tobias Fornell. **7.00** *Keep Your Enemies Closer:* 15/24. The team make a deal with a convicted murderer. **8.00** *Handle with Care:* 16/24. Gibbs and the team work to clear the name of a retired Marine when cyanide is found. (S15)
9.00 **NCIS: Hawaii** *Good Samaritan:* 15/22. When a Navy deserter comes out of hiding, his family become a target that drives the NCIS team to investigate who is after them. (S2)
10.00 **Law & Order: Special Victims Unit** (S14&25)
2.50 AM **The Good Wife**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Nightmare Tenants, Slum Landlords**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Jenno joins the takedown of a man suspected to be armed. **6.00** The team spring a trap on drug dealers. **7.00** A have-a-go hero helps to tackle a runaway drug driver. **8.00** Officers pursue a disqualified driver.
9.00 **999: Emergency Call Out** Responders arrive to help corral a loose cow on a 60mph road.
10.00 **Surgeons: A Matter of Life or Death** Sat Parmar and Tim Martin remove a cancer from a patient's face.
11.00 **Skin A&E**
12.00 M'T **Banged Up Abroad**
2.00 AM **Prodigal Son** (S2)
3.35 **to 4.00** AM **Motorway Patrol**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Red Bull Soapbox Race**
10.15 **Ice Road Truckers**
12.15 PM **Trucking Heavy**
1.15 **Trucking Hell**
2.15 **FILM Torpedo Run** World War Two drama. (1958, U, 98min) ★★
4.20 **FILM The Deadly Companions** Western. (1961, PG, 90min) ★★★
6.25 **FILM Death Rides a Horse** Spaghetti Western starring Lee Van Cleef and John Phillip Law. (1969, 15, 111min) ★
9.00 **FILM End of Days** Action thriller starring Arnold Schwarzenegger. (1999, 18, 121min) ★★
11.25 **Strangeways Riot: 25 Days of Mayhem**
1.25 AM **Fights, Camera, Action!** Festive fights.
2.25 **World's Deadliest Weather: Caught on Camera** Documentary.
3.25 **Highway Patrol**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **My Family**
3.00 PM **Outnumbered** Six episodes, including at: **6.20** Crossed lines of communication cause trouble for the family.
7.00 **Inside the Ambulance** Paramedics attend a head-on road collision. **8.00** A taxi flips over on the motorway.
9.00 **Inside the Operating Theatre** A a growth is removed from Jan's ear. **10.00** Four-year-old Arabella has an operation to straighten squints in both eyes.
11.00 **Louis Theroux Interviews... Yungblud**
12.00 M'T **Louis Theroux Interviews... Bear Grylls**
1.00 AM **Aaron Hernandez Uncovered** Documentary.
1.55 **to 3.00** AM **Interior Design Masters with Alan Carr**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.15 AM **Death Comes to Pemberley** 1/3. (S1)
8.25 **The Bill**
1.25 PM **The Marlow Murder Club**
3.25 **Catherine Cookson's The Round Tower**
6.40 **Upstairs Downstairs**
8.00 **Sister Boniface Mysteries** *My Brother's Keeper:* 4/10. An artist is found murdered. (S1)
9.00 **Silent Witness** *Voids:* A wealthy banker dies in strange circumstances.
11.15 **The Chelsea Detective** *The Blue Room – Part One:* 1/9. An art gallery manager is found dead. **12.15** AM *The Blue Room – Part Two:* When the vault is opened, Rebekah is alive but unconscious. (S2)
1.15 **Hamish Macbeth**
2.25 **Outrageous** 4/6. (S1)
3.10 **to 4.00** AM **Birds of a Feather**

+1 hr 243 316 60 260

SUNDAY Entertainment

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Long Lost Family: What Happened Next** Davina McCall and Nicky Campbell catch up with two women whose lives have been transformed in ways they never imagined. **8.00** Updates on three stories of siblings brought together after decades apart.
9.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** Featuring famous faces from children's television.
1.00 PM **Through the Keyhole** Double bill.
2.00 **Classic Who Wants to Be a Millionaire?**
4.00 **Tenable** Double bill of the quiz show.
6.00 **The Chase Celebrity Special** With guests Toyah Willcox, John Barnes, Germaine Greer and Audley Harrison.
7.00 **The Chase** Double bill of the quiz show.
9.00 **The Chase Celebrity Special** With Nigel Havers, Dave Gorman, Melinda Messenger and Michelle Hardwick.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **The War in the Air**
9.25 **Wanted: Dead or Alive**
9.55 **FILM Apache Ambush** Western with Bill Williams. (1955, U, 68min) ★★
11.25 **FILM The Westerner** Western. (1940, b/w, U, 100min) ★★★★
1.40 PM **FILM Red River** Western. (1948, b/w, U, 133min) ★★★★★
3.35 **FILM The Alamo** Epic Western. (1960, PG, 161min) ★★★
7.10 **FILM The Lone Gun** Western adventure. (1954, U, 78min) ★★
9.00 **FILM Valdez is Coming** Revenge Western. (1970, 15, 86min) ★★★
11.05 **FILM Death Rides a Horse** Western. (1969, 15, 111min) ★
1.35 AM **FILM Mega Shark vs Mecha Shark** Thriller. (2014, 15, 85min) ★★
3.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

9.00 AM **Air Rescue**
9.30 **FILM An Organised Killer** (2021, 12) ★★
11.25 **FILM Garage Sale Mystery: The Deadly Room** (2015, PG) ★★
1.20 PM **FILM Garage Sale Mystery: The Wedding Dress** (2015, PG) ★★
3.15 **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** (2020) ★★
5.10 **FILM Martha's Vineyard Mysteries: Riddled with Deceit** (2020, PG) ★★
7.05 **FILM An Emma Fielding Mystery: Site Unseen** Thriller. (2017, PG) ★★
9.00 **FILM The Commando** Thriller. (2022, 15) ★★
11.05 **FILM Garage Sale Mysteries: The Mask Murders** (2018, PG) ★★
1.00 AM **FILM Deadly B&B** Thriller. (2018, 12) ★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Au Pair Nightmare** (2020)

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Matching Hearts** Romantic drama. (2020, PG, 100min) ★★
10.05 **FILM Rome in Love** Romantic drama. (2019, PG, 90min) ★★
12.00 NOON **FILM Love on Safari** Romantic drama. (2018, PG, 84min) ★★
2.00 PM **FILM Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
4.00 **FILM Love Afloat** Drama. (2022, PG, 95min) ★★
6.05 **FILM Love on the Vines** Drama. (2016, PG) ★★
8.00 **FILM Cabin Connection** Romantic drama. (2022, PG, 89min) ★★
9.55 **FILM Blueprint to the Heart** Romantic drama. (2020, PG, 90min) ★★
11.50 **FILM Love, of Course** Romantic comedy. (2018, PG, 84min) ★★
1.55 **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love Finds You in Valentine**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **I Dream of Jeannie**
7.30 **The Monkees** (S1)
9.00 **A Sharp Intake of Breath** (S2&3)
10.00 **Please Sir!** 17-19/21. (S4)
11.30 **Carry On Laughing**
12.30 PM **That's My Dog**
1.00 **The Blue and the Gray**
2.40 **Auto Rewind**
2.55 **Mysterious Tales**
3.00 **My TV Rewind**
4.00 **Secrets of the Coast**
4.30 **Tracing the Rails**
5.00 **Walking Westward**
5.30 **Jokers Wild**
6.30 **The Loss of the S. S. Schiller** Documentary.
7.00 **Police Woman** (S1)
8.00 **Blue Thunder** 10/11. (S1)
9.00 **The Fantastic Journey**
10.00 **Game On** 4-6/6. (S1)
11.45 **Dark Skies** 1&2/20. (S1)
1.45 AM **The Blue and the...**
3.25 **FILM The Little Shop of Horrors** (1961, PG) ★★★
4.50 **Rewind & Remember**
5.00 **to 6.00** AM **The Fantastic Journey**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Bad Chad Customs**
7.00 **Expedition Bigfoot** Russell investigates an underwater passageway. **8.00** The team believe they have found where Bigfoot has been hiding.
9.00 **Legendary Locations** Josh Gates explores Pablo Escobar's secret Colombian hideaway. **9.30** Josh visits three sites in Bolivia, French Guiana and Turkey. **10.00** Josh investigates the mystery of the crystal skulls in Belize, Spain and Scotland. **10.30** Exploring iconic monuments in Istanbul, New York and Honolulu.
11.00 **Expedition X**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food with Casey Webb** Eight editions.
12.00 NOON **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
1.00 PM **James Martin's United Cakes of America** Four editions.
3.00 **Great British Bake Off**
9.00 **Tom Kerridge Barbecues** Tom demonstrates how to make BBQ sandwiches. **9.30** Tom explores some seriously spicy flavours on his BBQ. **10.00** Tom offers his take on meals that are perfect for a campfire. **10.30** How to impress friends by focusing on the preparation of dishes.
11.00 **Tom Kerridge's Best Ever Dishes**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Weather Wars** Sci-fi disaster thriller. (2011, 15, 82min) ★★
9.00 **The Fall Guy** (S1&2)
2.00 PM **FILM Two Rode Together** Western. (1961, PG, 109min) ★★★
4.05 **FILM Incident at Phantom Hill** Western. (1966, U, 88min) ★★
5.50 **FILM Mother Lode** Action adventure. (1982, 15, 101min) ★★
8.00 **The Twilight Zone** (S1)
9.00 **FILM Sabotage** Action thriller starring Arnold Schwarzenegger. (2013, 15, 107min) ★★
11.10 **FILM We Still Kill the Old Way** Crime drama starring Ian Ogilvy. (2014, 18, 94min) ★★
1.05 AM **FILM Commandos** Wartime adventure starring Lee Van Cleef. (1968, 18, 112min) ★★
3.05 **to 4.50** AM **FILM Sniper: Special Ops** Thriller. (2016, 15, 82min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Instrument of War** Wartime drama. (2017, 12, 90min) ★★
8.00 **FILM Arctic Apocalypse** Sci-fi disaster drama. (2019, PG, 90min) ★
10.00 **FILM Alien Convergence** Thriller. (2017, 15, 90min) ★★
12.00 NOON **Jules Verne's Mysterious Island**
4.00 PM **The A-Team** (S3)
9.00 **FILM Tales that Witness Madness** Horror anthology of four eerie tales, starring Joan Collins and Kim Novak. (1973, 18, 90min) ★
10.50 **FILM The Asphyx** Horror starring Robert Powell, Robert Stephens and Jane Lapotaire. (1973, 15, 99min) ★
12.45 **to 3.00** AM **FILM Edge of the World** Adventure starring Jonathan Rhys Meyers and Ralph Ineson. (2021, 15, 104min) ★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters**
8.00 **Junk and Disorderly**
10.00 **UFO Hunters**
12.00 NOON **Evidence of the Unexplained**
1.00 PM **The UnXplained with William Shatner**
2.00 **Book of Secrets with Lance Reddick**
7.00 **Cities of the Underworld**
8.00 **Curse of Skinwalker Ranch** A team investigate a hotbed of paranormal activity.
9.00 **Sex: A Bonkers History** Sexual behaviour during the 20th century.
10.00 **Royal Autopsy**
11.00 **Royal Murder Mysteries**
12.00 M'T **UFOs: Why Are They Here?**
1.00 AM **Alien Disclosure Files** Double bill.
2.00 **My Paranormal Nightmare** Mysteries.
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Irish Pickers**

5SELECT

153 166 138 46 133 30

9.00 AM **Loyalty Cards: Are They a Rip Off?**
10.00 **Meal Deals: Which One Is Best?** Documentary.
11.00 **Columbo** Five episodes of the drama, including at: **7.00** PM *Forgotten Lady:* A former Broadway star kills her husband and makes it look like suicide.
9.00 **Jackie O: Style & Scandal** Exploring the life of Jacqueline Kennedy Onassis.
10.30 **Marilyn: The Movie Star Who Changed the World** Reassessing the life and career of Marilyn Monroe.
12.00 M'T **The 70s Dinner Party: You're All Invited**
1.00 AM **Nazi Megastructures**
2.00 **Venice's Lost Empire: Drain the Oceans**
3.00 **Hollywood: Drain the Oceans** Documentary.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** Five editions of the series in which people set out to find their ideal retreats with the help of a property expert.
6.00 **Castle Impossible** Daphne Reckert and Ian Figueira set out to make over the castle playroom.
7.00 **A Place in the Sun** Six editions of the series offering advice on buying a second home abroad.
1.00 AM **Bargain Mansions** Tamara and her team take on a completely gutted estate and give it a makeover from top to bottom, transforming it into a European-style château.
2.00 **to 4.00** AM **Bargain Mansions**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Sister Wives**
7.00 **Good Bones**
8.00 **Sister Wives**
9.00 **Jay & Pamela**
10.00 **Trixie Motel: Drag Me Home** Trixie and David take on the bedrooms and prepare for the motel anniversary party.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Trixie Motel: Drag Me Home** As 10.00pm.
3.00 **Sex Sent Me to the ER**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S9)
1.00 PM **Friends** (S9)
7.25 **FILM Ace Ventura Pet Detective** Comedy starring Jim Carrey, Courteney Cox and Sean Young. (1993, 12, 86min) ★★★★
9.00 **FILM Austin Powers in Goldmember** Spoof thriller sequel with Mike Myers. The international man of mystery sets out to stop his enemies from taking over the world. (2002, 12, 93min) ★★★
10.45 **Police Squad!** 1/6. Frank investigates a murder. **11.15** 2/6. Frank goes undercover. (S1)
11.45 **Whose Line Is It Anyway? USA**
12.45 AM **Absolutely Fine**
1.15 **South Park**
2.15 **Whose Line Is It Anyway? USA**
3.10 **Beavis and Butt-Head**
3.25 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** 5&6/22. (S1)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** 7-18/22. (S1)
3.00 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 18/24. Everyone except Ross decides to play the lottery. **7.30** 19/24. Rachel joins Joey on the set of his soap opera. **7.55** 20/24. Joey decides to throw a party. **8.25** 21/24. Chandler and Monica go to a fertility clinic for tests. **9.00** 14/24. Chandler visits a strip club. **9.30** 15/24. Ross makes the mistake of agreeing to a game of rugby. (S4)
10.00 **Friends** (S4&5)
2.00 AM **Impractical Jokers**
3.00 **The Daily Show**
4.55 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Border Patrol**
11.00 **Nothing to Declare**
1.00 PM **New Amsterdam**
4.00 **The Ark** 1&2/12. (S1)
6.00 **Highway Patrol**
9.00 **Stella** 1/10. The student nurse begins her second year of nursing training, while Big Alan and Little Alan open a cafe. **10.00** 2/10. Aunty Brenda and Dai lock horns during a fraught business meeting. **11.00** 3/10. Trouble looms when Michael bumps into his flirty client at the bikers' pub. **12.00** M'T 4/10. Katie's birthday ends in a shock revelation for Stella. **1.00** AM 5/10. Stella uncovers more secrets about Michael. (S4)
2.00 **The Russell Howard Hour** Topical comedy.
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **Teen Mom: Young & Pregnant** Reality series.
6.45 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: Love Triangles** Reality series.
2.00 **Catfish: Wannabees**
3.00 **Catfish: The TV Show**
6.00 **Catfish: The Dramatic**
7.00 **Catfish: The TV Show**
8.00 **Catfish: Firsts** CJ and Shana have had an eight-year relationship – but have never met.
9.00 **Badass Brides** Cameras follow brides-to-be.
10.00 **Ink Master: OGs vs. Young Guns** The OGs must battle it out for a spot on the team.
11.00 **Jersey Shore Family Vacation** Reality series.
12.00 M'T **Caught in the Act: Unfaithful**
1.00 AM **Teen Mom UK: Next Generation**
2.00 **Catfish: The TV Show**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Alaska: The Last Frontier** Double bill.
2.00 PM **Building Off the Grid** A builder questions whether his Greek cottage will ever become a reality in Tennessee. **3.00** An Indiana farming family create a grain bin retreat. **4.00** A family are building a luxury glamping escape. **5.00** A Georgia couple tackle their watchtower guest house in the Blue Ridge Mountains.
6.00 **Filthy Fortunes** The team turn BBQ smokers into big money.

7.00 Moonshiners

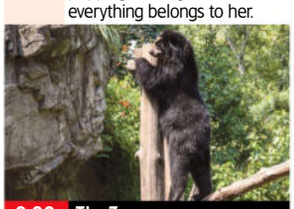
7.00 **Moonshiners** New edition Realising they may be targeted, Mark and Digger prepare for the worst.
8.00 **Alaska: Homestead Rescue** Marty Raney returns to the island of Kauai to find the Nash's homestead again in peril. A surprise guest helps them revive their overgrown garden.
10.00 **Street Outlaws: Locals Only** Minnesota locals visit Brainerd International Raceway to battle each other for $5,000.
11.00 **Wheeler Dealers World Tour** Mike and Elvis take on their boldest build yet – a tribute to Paddy Hopkirk's Monte Carlo Rally winning 1964 Mini Cooper.
12.00 M'T **Alaskan Bush People** Four editions of the series.
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat so afraid of its tormentor that it lives inside a kitchen cabinet. **4.00** A woman whose cat will not tolerate strangers.
5.00 **Animal Cribs** The team make a cabin safer for a blind dog.
6.00 **Bad Dog!** Featuring a balloon-popping bulldog who thinks everything belongs to her.



9.00 The Zoo

7.00 **How Do Animals Do That?** How hyenas can eat pretty much anything. **7.30** A squirrel's ability to hide up to 10,000 nuts.
8.00 **Nature's Strangest Mysteries: Solved** The theft of a cow's carcass. **8.30** Why eggs are shaped the way they are.
9.00 **The Zoo** Andean bear Bouba returns from the National Zoo in Washington, DC, to reunite with his loyal mate Nicole.
10.00 **Tanked** Wayde and Brett are asked to create a pipeline wave tank, and also a smoker tank for the Rolling Smoke BBQ.
11.00 **Alaska: The Last Frontier** Atz Lee and Eivin travel 160 miles to hunt deer.
12.00 M'T **Fish or Die**
1.00 AM **Saved by the Barn**
2.00 **Alaskan Bush People**
3.00 **Nature's Strangest Mysteries: Solved**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Disaster Autopsy**
10.00 **Air Crash Investigation**
1.00 PM **Hitler's Last Stand**
3.00 **Secret Nazi Science** How pesticide research created the poisons used in the Holocaust.
4.00 **Apocalypse: Hitler Takes on the West** 1/2. Nazi offensives on Western nations during World War Two. **5.00** 2/2. A look at France under German occupation.
6.00 **The Battle for Britain: Drain the Oceans** Examining the wrecks of planes and ships.

8.00 Lost Ships of WW2

7.00 **Hindenburg: The New Evidence** Recently ecovered film footage provides fresh insight into the *Zeppelin* crash.
8.00 **NEW SERIES Lost Ships of WW2** The most famous sunken vessels of World War Two, beginning with the USS *Indianapolis*.
9.00 **Jaws @ 50: The Definitive Inside Story** Director Steven Spielberg shares his memories of the classic thriller, with contributions from film-makers including Jordan Peele, James Cameron and Guillermo del Toro.
11.00 **To Catch a Smuggler**
12.00 M'T **Inside Airport Lost & Found** A prosthetic eye, a Gucci bag and a beloved Rolex are reunited with their owners.
1.00 AM **Air Crash Investigation**
2.55 **Food Factory** Double bill.
3.45 **Money Meltdown**
4.35 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Discovered by Disaster**
7.00 **Container Wars**
10.00 **Beyond the Myth: The SS Unveiled** Double bill.
12.00 NOON **Lost U-Boats of WWII**
2.00 PM **Storage Wars** Six editions of the series, including at: **4.30** Dusty and his girlfriend discover a stockpile of vintage TV memorabilia.
5.00 **Colosseum** How exotic beasts were brought back to entertain the Colosseum crowds. **6.00** Emperor Trajan throws his great games of AD 107.

9.00 Clash of the Gods

7.00 **History's Greatest Mysteries** Investigating one of the world's most infamous mysteries – the Loch Ness Monster.
8.00 **History's Greatest Mysteries** The loss of 117 English men, women and children who came ashore on Roanoke Island in 1587.
9.00 **Clash of the Gods** Profile of Hades, the Greek god of the underworld, looking at what the Greeks thought awaited them after death.
10.00 **Clash of the Gods** The story of Zeus, the king of the Greek gods, and how he led the Olympians to defeat the Titans.
11.00 **Secrets Declassified with David Duchovny** The actor reveals how mind games have long been at play.
12.00 M'T **The UnBelievable with Dan Aykroyd** A look into how some discoveries are anything but ordinary, such as severed feet on a beach.
1.00 AM **Storage Wars**
4.00 **to 6.00** AM **Ancient Aliens**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Antiques Roadshow**
11.00 **Bangers & Cash**
12.00 NOON **Bangers & Cash: Restoring Classics**
1.00 PM **Warbird Workshop** Triple bill of editions, including at: **3.00** Restoring a veteran Westland Wessex helicopter.
4.00 **The World at War** How France fell to the Nazis. **5.00** A look at the German invasion of the Soviet Union.
6.00 **Secret Nazi Bases** A long-abandoned canal project in East Prussia is resurrected.

7.00 Cornwall with Simon...

7.00 **Cornwall with Simon Reeve** The explorer travels through Cornwall as the county emerged from the first lockdown.
8.00 **Cornwall with Simon Reeve** Investigating the environmental challenges facing Cornwall and the rest of the country.
9.00 **Classic Car Kings** Big Irv has had a life-long love for VWs, so he's surprised when he gets the chance to work on a 1949 Beetle.
10.00 **Bangers & Cash** Paul goes on a trip to collect a 1971 Jaguar E-Type and a 1933 Morgan three-wheeler Supersport.
11.00 **Bangers & Cash** Dave is in fast car heaven as he picks up a rare Subaru Impreza and an equally powerful Ford Escort RS Cosworth from north Wales. **12.00** M'T A rare 1968 Honda N600 car emerges from a lock up in Co Durham.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Massive Engineering Mistakes**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
6.00 **The Yorkshire Auction House** With just a month before her due date, Gem and Tom ask Angus to visit their 16th-century home in Suffolk.
7.00 **Johnny Vegas' Little Shop of Antiques** Following the actor and comedian as he embarks on a new adventure – opening an antiques shop in Cheshire.
8.00 **The Repair Shop** Four editions, including at: **11.00** Restoring a World War One brooch.
12.00 M'T **Massive Engineering Mistakes**
2.00 AM **Devil's Canyon**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Say Yes to the Dress: The Big Day**
12.00 NOON **FBI Files**
3.00 PM **Til Death Do Us Part**
6.00 **Married to Evil**
9.00 **A Killer's Mistake** The case of Malcolm Webster. **10.00** After a whirlwind romance, Kathy Augustine marries nurse Chaz Higgs, but when the marriage turns sour and she mysteriously passes away, detectives suspect foul play.
11.00 **Faking It: Tears of a Crime** Triple bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Citizen Detective**
7.00 **Cold Cases Reopened** In July 1981, the body of Ricky Ridings is discovered in his truck. **8.00** Police investigate the case of Wilomeana 'Violet' Filkins.
9.00 **Killer Kids** The case of a six-year-old girl who was molested and murdered. **10.00** The murder of Kenneth Zeller by five homophobic teens.
11.00 **48 Hours** A lawyer shoots his wife from the backseat of a car. **12.00** M'T A young mother calls the police claiming she has cut her own throat. **1.00** AM A recording captures the dying words of Lorenzen Wright.
2.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Ten editions.
2.00 PM **Medical Detectives** A cyanide poisoner. **2.30** A man is found hanging naked from a tree with 'FED' scrawled on his chest. **3.00** Evidence contained within saliva. **3.30** A single mother looking for love vanishes. **4.00** Scientists prove the injured victim of a blast was actually the person who constructed and delivered the bomb. **4.30** A 20-year-old woman sets out on her bike and never returns.
5.00 **New Scotland Yard Files** The murder of Nisha Patel-Nasri.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Rapid Response** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **Killer in My Village** Sobhia Khan.
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
3.00 **Forensics: Catching the Killer** True-crime.
4.00 **Murdered at First Sight**
5.00 **Britain's Most Evil Killers**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **How I Caught the Killer**
9.00 **Murder on the Doorstep: Killer Clown**
10.00 **Catching a Serial Killer: Sam Little**
11.50 **The Real Manhunter**
12.55 AM **Killer in My Village**
2.00 **Love You to Death**
3.00 **Stop, Search, Seize**
4.00 **Road Wars**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.50 **The Exiles: Secretly Deported** Documentary.
9.55 **Vikings: The Rise and Fall** Triple bill.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The Exiles: Secretly Deported** Documentary.
2.40 **The 100 Days That Defined Modern History**
8.55 **1945-1953: From World War to Cold War** 1/2. The emerging new world order of the postwar years. **10.10** 2/2. How, in great secrecy, top scientists used wartime to perfect what was to become the absolute weapon – the atomic bomb.
11.25 **Grand Tours of the Scottish Islands**
12.00 M'T **The Exiles: Secretly Deported**
1.00 **to 2.00** AM **Grand Tours of the Scottish Islands**

SUNDAY

Sunday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Alain Delon**
7.00 **Discovering: Maggie Smith**
8.00 **The Directors**
9.00 **Being Mary Tyler Moore**
11.20 **The Lawman**
1.00 PM **Hitsville: The Making of Motown** Documentary.
3.00 **Pee-wee as Himself**
7.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident.
9.00 **Crazy, Not Insane** An examination of the research carried out by forensic psychiatrist Dorothy Otnow Lewis, who investigated the psychology of murderers
11.20 **Surviving Ohio State** The scandal surrounding athletics doctor Richard Strauss.
1.30 AM FILM **Undefeated** Oscar-winning documentary. (2011, 12, 113min) ★★★★★
3.40 **Stirling** Profile of Stirling Moss.
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Kenya Wildlife Diaries**
8.00 **Hope for Wildlife: The Next Generation** Triple bill.
11.00 **Boss Shark**
12.00 NOON **Ol Pejeta Diaries**
2.00 PM **Cub Camp**
5.00 **Ireland's Wild Islands with Eoin Warner** New edition Hundreds of basking sharks engage in a mating display.
6.00 NEW SERIES **13 Hours to Survive** Sea animals' fight for survival as the ocean recedes.
7.00 **Great Barrier Reef with David Attenborough** Exploring the waters of Osprey Reef.
8.00 **Flying Monsters with David Attenborough** Exploring the world of the pterosaur.
9.20 **Making David Attenborough's Flying Monsters** Behind the scenes of the documentary.
10.10 **Guardians of the Wild**
12.00 M'T **Ireland's Wild Islands with Eoin Warner** As 5.00pm.
1.00 AM **13 Hours To Survive**
2.00 **Animal Empires**
4.00 **to 6.00** AM **New Kids in the Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Deadly Standoff**
10.00 **Mysteries from Above**
11.00 **Ancient Aliens**
1.00 PM **Alien Files Reopened**
2.00 **Mysteries of the Ancient Dead**
3.00 **Viking Dead**
4.00 **Secret Wars Uncovered**
5.00 **Deadman's Curse**
6.00 **Mysteries of the Ancient Dead**
7.00 **Viking Dead** Documentary.
8.00 **Conspiracy Files: Unsealed** Considering whether or not the Bigfoot really exists.
8.30 Evidence suggesting the US military has been under attack from aliens.
9.00 **The Nostradamus Effect** Hidden meanings behind Leonardo da Vinci's paintings.
10.00 **Cursed Histories**
11.00 **Close Encounters** Four objects that appeared in a farmer's field.
11.30 Strange lights witnessed over a ranch in Argentina.
12.00 M'T **Ancient Aliens**
3.00 AM **Spycraft**
4.00 **Secret Wars Uncovered**
5.00 **to 6.00** AM **Strangest Things**

Crime+Investigation

156 142 133

6.00 AM **Jo Frost on Britain's Killer Kids** Double bill.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown**
11.00 **Nightmare in Suburbia**
1.00 PM **Cops Who Kill with Will Mellor** Roger Rogerson.
2.00 **Cops Gone Bad with Will Mellor** Drew Peterson.
3.00 **Accused: Did I Do It?**
7.00 **When Missing Turns to Murder**
8.00 **Killer Britain with Dermot Murnaghan** True-crime.
9.00 **Cold Case Files** Two young girls are murdered months apart.
10.00 **Cold Case Files: DNA Speaks**
11.00 **Cold Case Files: Murder in the Bayou**
12.00 M'T **Secrets of the Bunny Ranch** Documentary.
1.00 AM **Mastermind of Murder**
2.00 **Killer Britain with Dermot Murnaghan** New edition A paralysed former boxer murdered by his own carer.
3.00 **Accused: Did I Do It?**
4.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Baby Animal Rescue**
11.00 **Savage Kingdom**
1.00 PM **Bite, Sting, Kill**
2.00 **Tree Climbing Lions**
3.00 **Shadow Cats**
4.00 **Secrets of the Zoo: Tampa**
6.00 **Heartland Docs** New edition The vets treat a cat's injured tail and a turtle's broken shell.
7.00 **Legend of the Giant Squid**
8.00 NEW SERIES **Investigation Shark Attack** A team of scientists examine the ocean's apex predators.
9.00 **Sharks of the North** Sightings of great white sharks on Canada's Atlantic coast.
10.00 **Sharks Up Close with Bertie Gregory** The wildlife film-maker records great white sharks.
11.00 **Underdogs** How underdogs use tactics to win in the game of life.
11.45 **Lawless Island** Double bill.
1.45 AM **Secrets of the Zoo**
2.30 **Secrets of the Zoo: Keeper Tales** Documentary.
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Treasure Quest: Snake Island**
12.00 NOON **Combat Dealers**
2.00 PM **Combat Dealers: Reloaded**
3.00 **World's Greatest Motorcycle Rides** Triple bill of editions.
6.00 **Blowing Up History** The story of the lost city of Jericho.
7.00 Evidence reveals how the Pantheon has survived.
8.00 Experts use pioneering technology to investigate the ancient city of Hierapolis.
9.00 **Salvage Hunters: The Restorers** Leather restorer Martin is brought a globe-trotting antique luxury French travelling trunk.
10.00 Engineer Bo works to get a vintage model aeroplane back in action.
11.00 Blacksmith Nev gets emotional while attempting to fix an antique tree seat.
12.00 M'T **Shed and Buried**
2.00 AM **Combat Dealers**
4.00 **to 5.00** AM **Combat Dealers: Reloaded**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
11.00 **Secret Army**
1.20 PM **Pickwick Papers**
2.35 **The Dick Emery Show**
4.35 **Secret Army**
7.00 **Pickwick Papers** 10/12. Pickwick loses his trial against Bardell and has to pay the price.
7.40 11/12. Pickwick chooses to face prison rather than pay unjust damages, and loses the services of Sam Weller. (S1)
8.20 **The Dick Emery Show** Triple bill featuring comic sketches.
10.20 **Secret Army** *Second Chance:* 5/16. An RAF deserter is given shelter by a barge-owner, but fights repatriation. (S1)
11.35 **Louis Theroux: The City Addicted to Crystal Meth** The journalist examines drug addiction in the impoverished city of Fresno, California.
12.35 AM **Secret Army**
1.50 **The Dick Emery Show**
3.40 **Secret Army**
5.30 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

ID

154 141 166

8.00 AM **Evil Lives Here**
10.00 **Til Death Do Us Part**
12.00 NOON **On the Case with Paula Zahn** Double bill.
2.00 PM **Murder Comes to Town**
4.00 **Swamp Murders** Double bill.
6.00 **The Killer Beside Me** A look at the case of Sandy Berfield.
7.00 Focusing on the case of Leesa Nascimento.
8.00 **Feuds Turned Fatal** In Las Vegas, two men come face to face over a woman.
9.00 **Signs of a Psychopath** A dying man uses his last breath to tell 911 operators who stabbed him.
9.30 A killer shoots a young woman dead in her boyfriend's Orlando apartment.
10.00 **Murder Under the Friday Night Lights** A coach is shot in front of dozens of witnesses.
11.00 **Born Evil: The Serial Killer & the Saviour** Documentary.
12.00 M'T **The Lake Erie Murders**
2.00 AM **The Murder Tapes**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Custom Carolina**
5.00 PM **Fifth Gear Recharged** The team test two electric vans.
6.00 The team test out the Cupra Formentor.
7.00 **Wheeler Dealers** Mike and Elvis face a challenge to make an Audi RS6 estate car faster than a sports car.
8.00 Mike purchases his newest ever car to create a bespoke Subaru BRZ STI.
9.00 Mike and Elvis wrestle an iconic Japanese rally car – a Mitsubishi Lancer Evo7.
10.00 Mike brings back a modern classic, a rare 2001 Audi S4 Avant, and Ant tries to fix a mysterious engine leak.
11.00 Mike finds a budget Nissan Skyline supercar.
12.00 M'T Mike and Edd work on a Subaru Impreza WRX.
1.00 **to 5.00** AM **American Chopper**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM PREMIERE **Running on Empty** As shown at 10.45pm.
8.05 **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
9.50 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
12.15 PM **Wicked** As 8.00pm.
3.05 **Gladiator II** Historical drama sequel starring Paul Mescal. (2024, 15, 148min) ★★★
5.45 **William Tell** Historical action drama starring Claes Bang. (2025, 15, 133min) ★★★

10.45 Running on Empty

8.00 Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A green-skinned young woman named Elphaba forges a friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 PREMIERE Running on Empty Comedy starring Keir Gilchrist. A terminally ill man meets a woman through a dating service that matches people by their death dates. (2024, 15, 91min) ★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Sew Torn** As 8.05am.
2.05 **Salem's Lot** Horror chiller. (2024, 15, 109min) ★★★
4.10 **to 6.00** AM **I Don't Understand You** Horror comedy. (2024, 15) ★★★

Sky Cinema Epic Worlds

303 303 403 503 517

7.30 AM **Spy Kids 3: Game Over** Action comedy sequel. (2003, U, 84min) ★★★
9.05 **Wicked** As 5.20pm.
11.50 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
1.50 PM **The NeverEnding Story**
3.35 **The Wizard of Oz** Musical. (1939, U, 98min) ★★★★★
5.20 **Wicked** Musical fantasy adventure with Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★

3.35 The Wizard of Oz

8.00 The Mummy Action adventure starring Brendan Fraser and Rachel Weisz. In 1920s Egypt, a dashing American, an English librarian and her wastrel brother unwittingly revive an evil high priest. (1999, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Mummy Returns Adventure sequel starring Brendan Fraser and Rachel Weisz. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The NeverEnding Story** Adventure starring Barret Oliver and Gerald McRaney. (1984, U, 94min) ★★★
2.15 **William Tell** Historical drama. (2025, 15, 133min) ★★★
4.35 **to 6.35** AM **The Wizard of Oz** As shown at 3.35pm.

Sky Cinema Drama

310 310 410 510 524

6.45 AM **Horizon: An American Saga – Chapter 1** As 8.00pm.
9.50 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
12.15 PM **Through a Glass Darkly** Ingmar Bergman's drama. (1959, b/w, 15, 91min) ★★★★
1.55 **Pawn Sacrifice** Sports drama. (2014, 12, 115min) ★★★★
4.00 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★

6.15 **Aisha** Drama starring Letitia Wright and Josh O'Connor. (2022, 12, 94min) ★★★★
8.00 **Horizon: An American Saga – Chapter 1** Epic Western starring Kevin Costner, who also co-wrote and directed. A seasoned cowboy goes on the run with a prostitute and a young boy after killing a fellow gunman. With Sienna Miller. (2024, 15, 181min) ★★★★
11.00 **Flashdance** Dance drama. (1983, 15, 96min) ★★★

12.40 AM **The Great Escape** Adventure with Steve McQueen. (1963, PG, 166min) ★★★★★
3.35 **Beach Rats** Powerful drama. (2017, 15, 98min) ★★★
5.20 **to 6.55** AM **Widow Clicquot** Drama starring Haley Bennett. (2023, 15, 90min) ★★★★

Sky Cinema Superman

311 311 411 511 525

6.30 AM **Superman III** As 11.35pm.
8.40 **Superman IV: The Quest for Peace** As shown at 5.10pm.
10.25 **Superman** As 6.55pm.
12.50 PM **Superman II** As 9.20pm.
3.00 **Superman III** As 11.35pm.
5.10 **Superman IV: The Quest for Peace** Fantasy adventure sequel starring Christopher Reeve as the Man of Steel. (1987, PG, 90min) ★

6.55 **Superman** Fantasy adventure starring Christopher Reeve as the Man of Steel. With Margot Kidder and Marlon Brando. (1978, PG, 143min) ★★★★
9.20 **Superman II** Fantasy adventure sequel starring Christopher Reeve and Gene Hackman. The Man of Steel faces his toughest ever challenge when three villains from the Planet Krypton escape to Earth armed with deadly Kryptonite. (1980, PG, 127min) ★★★

11.35 **Superman III** Fantasy adventure sequel starring Christopher Reeve, Richard Pryor and Jackie Cooper. (1983, PG, 123min) ★★★
1.50 AM **Superman IV: The Quest for Peace** As shown at 5.10pm.
3.35 **to 6.05** AM **Superman** (1978)

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.35 AM **Zathura: A Space Adventure** (2005, PG) ★★★★
9.20 **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
11.00 **The Flintstones** Comedy. (1994, U, 93min) ★★★
12.35 PM **Cats & Dogs** Comedy. (2001, PG, 87min) ★★★
2.10 **IF** Fantasy. (2024, U) ★★★
4.00 **Hook** Fantasy. (1991, U) ★★★
6.25 **Peter Rabbit 2: The Runaway** Fantasy adventure sequel. (2021, U, 93min) ★★★

6.25 Peter Rabbit 2

8.05 Look Who's Talking Comedy starring John Travolta and Kirstie Alley. A single mother-to-be searches for the perfect father for her child. (1989, 12, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Batteries Not Included Sci-fi fantasy starring Hume Cronyn and Jessica Tandy. The tenants of a run-down Manhattan building thwart an unscrupulous developer with the aid of two tiny alien spacecraft. (1987, PG, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Blueback** Family drama. (2022, PG, 102min) ★★★
1.25 AM **Ella Enchanted** Fantasy. (2004, PG, 96min) ★★★
3.10 **Bookworm** Comedy. (2024, 12, 103min) ★★★★
5.00 **to 6.50** AM **The Tiger Rising** Drama starring Dennis Quaid. (2022, PG, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

6.05 AM **Young Guns II: Blaze of...**
7.50 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
9.45 **Aquaman** Fantasy adventure. (2018, 12, 143min) ★★★
12.10 PM **300: Rise of an Empire** Fantasy. (2014, 15) ★★★
2.00 **Twisters** Disaster drama sequel. (2024, 12, 122min) ★★★★
4.10 **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★★
5.55 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★

5.55 Mad Max: Fury Road

8.00 Godzilla x Kong: The New Empire Fantasy adventure sequel starring Rebecca Hall and Dan Stevens. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Twister Disaster drama starring Helen Hunt and Bill Paxton. An estranged married couple of meteorologists reunite to chase tornadoes. (1996, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Oldboy** South Korean thriller starring Choi Min-sik and Yoo Ji-tae. Subtitled. (2003, 18, 120min) ★★★★
2.20 **The Warriors** Thriller starring Michael Beck and James Remar. (1979, 15, 94min) ★★★
4.05 **to 6.00** AM **Young Guns II: Blaze of Glory** Western sequel. (1990, 15, 104min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
9.05 **Ride Along** As 8.00pm.
10.55 **Ride Along 2** As 9.45pm.
12.45 PM **Horrible Bosses** Farcical comedy with Jason Bateman. (2011, 15, 93min) ★★★
2.30 **National Security** As 1.10am.
4.10 **The Big Chill** Comedy drama. (1983, 15, 115min) ★★★★
6.00 **Dinner for Schmucks** Comedy starring Steve Carell. (2010, 12, 113min) ★★★

8.00 Ride Along

8.00 Ride Along Comedy starring Ice Cube and Kevin Hart. A tough cop takes his sister's boyfriend with him on duty, leading to a dangerous encounter with a wanted criminal. (2014, 12, 97min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Ride Along 2 Comedy sequel starring Ice Cube and Kevin Hart. An excitable beat cop is reluctantly recruited by his fiancée's detective brother to help bring a drug dealer to justice. (2016, 12, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Estate** Comedy starring Toni Collette and Anna Faris. (2022, 15, 96min) ★★
1.10 AM **National Security** Comedy starring Martin Lawrence and Steve Zahn. (2003, 12, 88min) ★
2.40 **Dinner for Schmucks** (2010)
4.35 **to 6.20** AM **The Big Chill**

Sky Cinema Thriller

309 309 409 509 523

7.30 AM **To Catch a Killer** (2023)
9.35 **Out of the Blue** As 6.05pm.
11.30 **Chinatown** Crime thriller. (1974, 15, 131min) ★★★★★
1.50 PM **Ocean's Eleven** Caper thriller with George Clooney. (2001, 12, 116min) ★★★★
4.00 **To Catch a Killer** Thriller starring Shailene Woodley. (2023, 15, 119min) ★★★★
6.05 **Out of the Blue** Romantic thriller starring Diane Kruger. (2022, 15, 104min) ★★

10.10 American Gangster

8.00 Ocean's Twelve Caper thriller sequel starring George Clooney. Charismatic thief Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they attempt to steal $160million in Europe. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 American Gangster Ridley Scott's crime drama starring Denzel Washington. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **RocknRolla** Comedy thriller. (2008, 15, 110min) ★★
2.55 **Gloria** Gangster thriller remake. (1999, 15, 107min) ★★
4.45 **to 6.35** AM **The Lesson** Thriller with Richard E Grant. (2023, 15, 103min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Howards End** Merchant-Ivory period drama. (1991, PG, 142min) ★★★★★
2.00 PM **The Karate Kid** Martial arts adventure. (1984, 12, 127min) ★★★★
4.35 **The Devil Wears Prada** Satirical comedy with Meryl Streep and Anne Hathaway. (2006, PG, 109min) ★★★★
6.55 **Sister Act** Musical comedy. (1992, PG, 102min) ★★★★

9.00 Bohemian Rhapsody

Sister Act (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 Bohemian Rhapsody Biopic starring Rami Malek. While Queen become one of the biggest rock bands in the world, Freddie Mercury struggles with his personal life. With Lucy Boynton and Gwilym Lee. (2018, 12, 134min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.45 **My Beautiful Laundrette** Hanif Kureishi's social comedy starring Gordon Warnecke and Daniel Day Lewis as South London business partners and lovers who transform a rundown launderette. (1985, 15, 97min) ★★★★
1.40 **to 3.35** AM **Primal** Action thriller starring Nicolas Cage. (2019, 15, 97min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.25 AM **Fox and Hare Save the Forest** Animated adventure. (2024, U, 71min) ★★★
7.45 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
9.25 **William Tell** Historical drama. (2025, 15, 133min) ★★★
11.40 **Beetlejuice Beetlejuice** (2024)
1.40 PM **Furiosa: A Mad Max Saga** Fantasy starring Anya Taylor-Joy. (2023, 15, 148min) ★★★★
4.10 **Cleaner** Action thriller starring Daisy Ridley and Clive Owen. (2025, 15, 97min) ★★★
5.50 **The Killer** Thriller starring Nathalie Emmanuel and Omar Sy. (2024, 15, 125min) ★★★★
8.00 **Beetlejuice Beetlejuice** Tim Burton's horror comedy sequel starring Michael Keaton, Winona Ryder and Jenna Ortega. (2024, 12, 105min) ★★★★
10.00 **Smile 2** Horror sequel starring Naomi Scott and Kyle Gallner. (2024, 18, 127min) ★★★★
12.10 AM **Get Away** Horror comedy. (2024, 15, 100min) ★★★★
1.40 **Home Delivery** Comedy. (2023, 15, 86min) ★★★
3.20 **Babes** Comedy with Ilana Glazer. (2024, 15, 104min) ★★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

7.25 AM **The Money Pit** Comedy. (1985, 15, 91min) ★★★
9.05 **Parenthood** As 11.20pm.
11.15 **Ace Ventura Pet Detective**
12.55 PM **Ace Ventura: When Nature Calls** As 9.35pm.
2.40 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
4.30 **48 Hrs** Comedy thriller starring Nick Nolte and Eddie Murphy. (1982, 15, 97min) ★★★★★
6.10 **Dumb and Dumber** Comedy with Jim Carrey and Jeff Daniels. (1994, 12, 107min) ★★★
8.00 **Ace Ventura Pet Detective** Comedy starring Jim Carrey as a Miami private detective who specialises in tracking down lost pets. (1993, 12, 86min) ★★★★
9.35 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey. Pet detective Ace Ventura searches for a sacred white bat in Africa. (1995, PG, 89min) ★★★
11.20 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
1.35 AM **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★
4.00 **Dumb and Dumber** As 6.10pm.
5.55 **to 6.35** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.40 AM **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U, 47min) ★★★
7.40 **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★
9.20 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
10.55 **Shrek the Third** Animated comedy adventure sequel. (2007, U, 88min) ★★★★
12.35 PM **Migration** Animated comedy. (2023, U, 83min) ★★★
2.10 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
4.00 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
5.30 **Trolls** Animation. (2016, U) ★★★
7.10 **Two by Two** Animated adventure. (2015, U, 85min) ★★
8.45 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
10.20 **Piece By Piece** Animation. (2024, PG, 105min) ★★★
12.05 AM **Open Season: Scared Silly** Animation. (2015, PG) ★★★
1.40 **SuperKlaus** (2024, U) ★★
3.20 **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
4.40 **to 6.10** AM **Lego DC Comics Super Heroes: The Flash** (2018)

Movies 24

312 313 419

7.00 AM **A Maple Valley Christmas** Drama. (2022, PG, 85min) ★★
9.00 **Christmas Under the Lights** Drama. (2024, PG, 90min) ★★
11.00 **A Christmas Contest** Romantic comedy. (2021, PG, 88min) ★★
1.00 PM **Twas the Night Before Christmas** Festive drama. (2022, PG, 84min) ★★
3.00 **Christmas on Call** Festive drama. (2024, PG, 90min) ★★
5.00 **Sincerely Truly Christmas** Fantasy. (2023, PG, 90min) ★★
7.00 **A Fabled Holiday** Fantasy starring Brooke D'Orsay. Two childhood best friends are reunited in a magical town that returns people to their happiest time. (2022, PG, 90min) ★★
9.00 **Sealed with a List** Drama starring Katie Findlay. A woman tries to complete a neglected list of New Year's resolutions before the end of the Christmas holidays. (2023, PG, 84min) ★★
11.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
1.00 AM **Christmas by Candlelight** Comedy. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **A Christmas for the Ages** Drama. (2023, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Forces' Sweetheart** Comedy. (1953, b/w, U, 72min) ★★
7.30 **Blackout** (1950, b/w, PG) ★★
8.55 **The Battle of the Rails** Drama. (1946, PG, 85min) ★★
10.35 **The Beverly Hillbillies** (S1)
11.10 **Desert Sands** Action adventure. (1957, U, 87min) ★★
12.50 PM **Worzel Gummidge** (S2)
1.25 **Batman** 25/60. (S2)
2.00 **Yellow Sky** (1948, PG) ★★★
3.55 **Cinebox Memories**
4.00 **The Adventures of Robin Hood**
4.30 **Out of Town** Documentary.
5.00 **The Footage Detectives**
6.00 **Father's Little Dividend** Comedy sequel. (1951, b/w, U) ★★★
7.40 **Look at Life** Documentary.
7.50 **Sherlock Holmes: Terror by Night** Murder mystery. (1946, b/w, U, 60min) ★★
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **The Best of Benny Hill** Comedy. (1974, PG, 84min) ★★
11.35 **Budgie** 9/13. (S2)
12.40 AM **The Heritage Chart Show**
1.45 **Of Human Bondage** Drama. (1934, b/w, PG, 83min) ★★★★
3.25 **Inside the Room** Crime thriller. (1935, b/w, 12, 66min) ★★
4.45 **The Texan** 37/37. (S1)
5.20 **to 6.00** AM **The Larkins**

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Rugby Greatest Games**
7.05 **LIVE NRL Parramatta Eels v Penrith Panthers.** Coverage of the match staged at CommBank Stadium. Kick-off is at **7.05am**.
9.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
10.15 **LIVE Test Cricket England v India.** Coverage of the fourth day of the third Test in the five-match series staged at Lord's in London. In the last five Test matches between the two countries at this venue since 2007, both sides have picked up two victories. England's last win against India at Lord's came in 2018.
6.30 PM **LIVE DP World Tour Golf** Coverage of the fourth and final day of the Genesis Scottish Open, the Rolex Series event staged at Renaissance Club, North Berwick.
8.00 **Sky Sports News**
9.00 **LIVE PGA Tour Golf** Coverage of the fourth and final day's play of the ISCO Championship from Hurstbourne Country Club Championship Course in Louisville.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **PL Retro** Bournemouth v Liverpool from 2016/17.
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Premier League Highlights** Recent action.
3.00 PM **Premier League Highlights** Arsenal v Nottingham Forest.
3.30 Arsenal v Southampton.
4.00 Arsenal v West Ham United.
4.30 Arsenal v Wolverhampton Wanderers at Emirates Stadium.
5.00 **Premier League Highlights** Aston Villa v Bournemouth.
5.30 Aston Villa v Crystal Palace.
6.00 Action from Aston Villa v Ipswich Town staged at Villa Park.
6.30 Aston Villa v Leicester City.
7.00 **We're Not Really Here: Man City** A season in the third tier.
7.30 **Newcastle – The Entertainers**
8.00 **Transfer 360** Double bill.
9.00 **Gary Neville's Soccerbox**
10.00 **Class of '92: Full Time**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro** From 2016.
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2021/22**
11.30 **EFL Trophy** Highlights from Rotherham United v Sutton United in the 2021/22 final.
12.00 NOON **Championship Retro**
2.00 PM **Henrik Larsson: 20 Years On**
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Old Firm Derby Best Goals**
5.30 **Edinburgh Derby Best Goals**
6.00 **Championship Retro** Cardiff City v Leicester City in the 2009/10 play-off semi-finals.
8.45 **EFL Greatest Games** Leeds United v Bristol City in 2017/18.
9.00 Arsenal v Manchester City in the 2017/18 EFL Cup final.
9.15 Aston Villa v Wolves.
9.30 Fulham v QPR.
9.45 Middlesbrough v Wolves.
10.00 **EFL Cup Retro** Manchester City v Sunderland in the 2014 final.
11.00 **Craig Brown: My Scotland**
11.30 **Jimmy Glass: The Great Escape**
12.30 AM **EFL Rivalries**
2.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 23/24**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **The Film Room: England v India**
7.30 **Made in Yorkshire: Joe Root**
8.00 **Test Cricket** England v India.
10.00 **Test Cricket Bitesize**
10.15 **LIVE Test Cricket England v India.** Coverage of the fourth day of the third Test in the five-match series staged at Lord's in London. In the last five Test matches between the two countries at this venue, both sides have picked up two wins. England's last win against India at Lord's came in 2018.
7.00 PM **Ashes Greats** Player profiles.
7.30 **Best of England v India**
8.00 **Test Cricket** England v India in the fourth day of the third Test.
9.00 **Best of England v India**
11.00 **Test Cricket Bitesize**
11.15 **Best of England v India**
11.45 **Test Cricket Bitesize**
12.00 M'T **Best of ICC WT20**
12.15 AM **Test Cricket Bitesize**
12.30 **Best of England v India**
2.00 **Test Cricket** England v India.
3.00 **Best of England v Windies**
3.30 **Best of England v India**
4.00 **Test Cricket** England v India.
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **LPGA Tour Golf**
7.00 **Asian Tour Golf** From Morocco.
8.00 **LPGA Tour Golf** Highlights.
9.00 **LIVE LPGA Tour Golf** Coverage of day four of the Amundi Evian Championship at Evian Resort Golf Club in France.
3.00 PM **LIVE DP World Tour Golf** Coverage of day four of the Genesis Scottish Open from Renaissance Club, North Berwick.
8.00 **LPGA Tour Golf** Highlights.
9.00 **LIVE PGA Tour Golf** Day four of the ISCO Championship from Hurstbourne Country Club Championship Course in Louisville.
12.00 M'T **LPGA Tour Golf**
1.00 AM **HotelPlanner Tour Golf**
1.30 **Playing Lessons**
2.00 **LPGA Tour Golf** Highlights.
3.00 **Asian Tour Golf** From Morocco.
4.00 **LPGA Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis** Finals.
12.00 NOON **ATP Tennis** Croatia Open.
1.00 PM **Tennis** Washington Open.
3.00 **Tennis** Canadian Open finals.
5.00 **Tennis** Cincinnati Open finals.
7.00 **ATP Tennis** The 2024 Washington Open men's final.
8.00 **WTA Tennis** The 2024 Washington Open women's final.
9.00 **Tennis** Canadian Open finals.
11.00 **Tennis** Cincinnati Open finals.
1.00 AM **WTA & ATP Tennis**
5.00 **to 6.00** AM **US Open**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.30 **LIVE AFL Port Adelaide Power v West Coast Eagles.** Coverage of the match from Adelaide Oval. Start-time **7.40am**.
10.30 **Tour de France Men Highlights**
12.00 NOON **LIVE Tour de France** Coverage from the ninth stage of the men's race, a 174.1km route from Chinon to Châteauroux. The ninth stage of last year's race saw the competitors ride a 199km route around Troyes and was won by French rider Anthony Turgis, who picked up his one and only stage win of the race.
4.45 PM **Women's Giro d'Italia**
5.45 **No Filter Cycling**
6.00 **MLB: Off the Bat**
6.30 **LIVE MLB Boston Red Sox v Tampa Bay Rays.** The American League East match from Fenway Park. Start-time **6.35pm**.
9.45 **TNT Sports Reload**
10.00 **Wimbledon** The 14th day.
11.30 **UFC** Another chance to see Derrick Lewis v Tallison Teixeira.
2.30 AM **UFC Connected**
3.00 **UFC Reloaded** UFC 216.
5.30 **to 6.00** AM **UEFA Champions League – Classics**

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE V8 Supercars Championship** The NTI Townsville 500 staged at Reid Park in Townsville, Queensland.
8.00 **MotoGP** Grand Prix of Germany.
8.30 **LIVE MotoGP** The Grand Prix of Germany MotoGP warm-up.
9.00 **LIVE MotoGP** Coverage of the Grand Prix of Germany Moto3 race at Sachsenring in Chemnitz.
11.00 **LIVE MotoGP** The Grand Prix of Germany Moto2 race in Chemnitz.
12.15 PM **LIVE MotoGP** The Grand Prix of Germany MotoGP race from Sachsenring in Chemnitz.
2.15 **MotoGP Chequered Flag**
3.15 **Training Day** With Tim Henman.
3.30 **LIVE Wimbledon** The men's singles final at the All England Club.
7.30 **UCI Mountain Bike World Series**
8.00 **Tour de France Highlights**
9.00 **LIVE MLB San Diego Padres v Philadelphia Phillies.** Coverage of the National League match at Petco Park. Start-time **9.10pm**.
12.15 AM **MLB Plays of the Week**
12.45 **TNT Sports Reload**
1.00 **Formula E Highlights**
2.00 **FIM Speedway Grand Prix**
3.00 **British Speedway** Highlights.
4.00 **to 6.00** AM **Superbikes**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
7.00 **Rugby Greatest Games**
7.05 **LIVE NRL Parramatta Eels v Penrith Panthers.** Coverage of the match staged at CommBank Stadium. Kick-off **7.05am**.
9.00 **Rugby Union Retro**
9.15 **LIVE NRL Gold Coast Titans v Brisbane Broncos.** Coverage of the match in the 19th round of fixtures staged at Cbus Super Stadium. Kick-off **9.15am**.
11.15 **Rugby Union Retro**
12.00 NOON **British and Irish Lions Tour** Invitational Australia & New Zealand XV v British & Irish Lions.
1.00 PM **British and Irish Lions Tour** Highlights from recent games.
6.30 **British and Irish Lions Tour** Invitational Australia & New Zealand XV v British & Irish Lions.
7.30 **British and Irish Lions Tour** Highlights from recent games.
10.30 **British and Irish Lions Tour** British & Irish Lions v Argentina from Aviva Stadium in Dublin.
11.30 Western Force v British & Irish Lions in the warm-up match at Optus Stadium in Perth.
12.30 AM **British and Irish Lions Tour**
5.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **Good Morning Sports Fans**
10.00 **LIVE DP World Tour Golf** Coverage of the featured groups on day four of the Genesis Scottish Open, the Rolex Series event staged at Renaissance Club.
2.30 PM **LIVE DP World Tour Golf** Further coverage of day four of the Genesis Scottish Open, the Rolex Series event staged at Renaissance Club, North Berwick. Robert MacIntyre became the first Scottish golfer to win the title since Colin Montgomerie in 1999 when he triumphed last year, finishing one stroke clear of Australia's Adam Scott.
8.00 **Sky Sports News**
12.00 M'T **EFL Highlights** Leyton Orient v Stockport County.
12.30 AM Highlights of Notts County v AFC Wimbledon.
1.00 Stockport County v Leyton Orient staged at Edgeley Park.
1.30 Action from Charlton Athletic v Wycombe Wanderers.
2.00 Highlights from Charlton Athletic v Leyton Orient in the League One play-off final.
3.00 **to 6.00** AM **EFL Highlights**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Chronicles of a Champion Golfer** A profile of John Daly.
6.30 **HotelPlanner Tour Golf**
7.00 **LIVE NRLW Gold Coast Titans v Brisbane Broncos.** Coverage of the game staged at Cbus Super Stadium. Kick-off **7.00am**.
8.45 **Super League Highlights**
9.00 **LIVE LPGA Tour Golf** Coverage of day four of the Amundi Evian Championship staged at Evian Resort Golf Club in Evian-les-Bains, France.
3.00 PM **Formula 1** Highlights.
5.00 **Test Cricket** England v India.
8.00 **LPGA Tour Golf**
10.00 **Indycar** The Honda Indy 200.
11.00 **Formula 1** Monaco Grand Prix.
12.00 M'T **PL Greatest Games**
1.00 AM **ATP Tennis** Highlights.
3.00 **EFL Greatest Games**
4.00 **LPGA Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 3

413 415 523 410 432

7.00 AM **The WRC Magazine**
7.30 **LIVE MotoGP Northern Talent Cup** From Sachsenring.
8.30 **Wimbledon** The 13th day.
10.00 **Superbike World Championship**
10.30 **LIVE Superbike World Championship** Donington Park.
12.00 NOON **LIVE Women's Circuit Racing World Championship** Race two from Donington Park.
1.00 PM **LIVE Superbike World Championship** Donington Park.
4.15 **LIVE International T20 Cricket Sri Lanka v Bangladesh.** Coverage of the second T20 from Dambulla.
6.30 **TNT Sports Cricket Reload**
6.45 **SailGP – Racing on the Edge**
7.15 **LIVE Test Cricket West Indies v Australia.** Day two of the third and final Test from Sabina Park.
3.30 AM **Tour de France Highlights**
4.30 **Women's Giro d'Italia**
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE AFL St Kilda Saints v Sydney Swans.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **6.15am**.
9.00 **Test Cricket Highlights**
10.00 **LIVE UCI Mountain Bike World Series** The women's XCO Olympic Elite race in Pal Arinsal.
12.00 NOON **LIVE UCI Mountain Bike World Series** The men's XCO Olympic Elite race in Andorra.
2.30 PM **Endurance Uncovered: Racing for Excellence**
3.00 **LIVE FIA World Endurance Championship** The Six Hours of Sao Paulo from Interlagos Circuit.
10.00 **MotoGP** Grand Prix of Germany.
11.00 **Tom Aspinall's Fight Lab**
11.30 **Women's Giro d'Italia**
12.30 AM **WRC: More Than Machine**
1.00 **Superbike World Championship**
2.00 **UEFA Champions League**
2.30 **Wimbledon** Action from the 14th day of the tournament.
4.00 **to 6.00** AM **Formula E**

Premier Sports 1

419 551

6.00 AM **Africa Eco Race**
7.00 **FIM Sidecarcross** In Lommel.
8.00 **Transworld Sport** Magazine.
9.00 **NASCAR Highlights**
10.00 **LaLiga Specials** Archive action.
11.00 **FIA World Endurance Championship** From Le Mans.
12.00 NOON **FIM Sidecarcross** Round four of the season in Gdansk.
1.00 PM **World Surf League**
2.00 **DTM Highlights**
3.00 **Transworld Sport** Magazine.
4.00 **Ultimate Karting Championship**
7.00 **NASCAR Highlights**
8.00 **LIVE NASCAR** Coverage of the Toyota/Save Mart 350, the 20th round of the season at Sonoma Raceway in Sonoma, California.
12.30 AM **Motorsport** Valentino Rossi.
1.00 **Trail Menorca** Recent action.
1.30 **Transworld Sport** Magazine.
2.30 **Motorsport** Drew Gibson.
3.30 **PSA Squash Highlights**
4.30 **to 6.00** AM **UK Independent Kart Racing**

Premier Sports 2

420 552

6.00 AM **Swedish Speedway**
8.00 **NASCAR Xfinity Series**
11.00 **Bike World** Magazine.
11.30 **FastZone** Motorsports highlights show covering everything from prototypes to endurance racing.
12.00 NOON **Premier Sports Cup** A replay of Hearts v Dunfermline.
2.00 PM **International Rugby Union** A chance to see Fiji v Scotland.
4.00 **United Rugby Championship** Leinster v Bulls in the Grand Final.
6.00 **Temples of Sport**
7.00 **Swedish Speedway** A replay of a high-profile Elitserien meeting.
9.00 **Bike World** Magazine.
9.30 **Temples of Sport**
10.00 **Champions Cup** Another chance to see Northampton Saints v Bordeaux Begles in the final.
12.15 AM **LaLiga Specials**
12.30 **Copa Del Rey** Barcelona v Real Madrid from this year's final.
3.30 **Swedish Speedway**
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **British F4** From Silverstone.
8.00 **Formula 1** British Grand Prix.
9.00 **Ted's Notebook**
9.30 **British GT Championship**
10.30 **F1 Explained: Driver Cooling**
10.35 **LIVE British GT Championship** The sixth round of the season from Snetterton.
12.05 PM **GB3 Championship**
1.05 **Indycar** The Synk 275.
3.05 **F1 Explained: Pit Loss**
3.10 **Formula 1** Season highlights.
3.20 **LIVE British GT Championship** The seventh round of the season at Snetterton.
4.55 **Yuki Tsunoda at Red Bull**
5.00 **Formula 1** British Grand Prix.
6.00 **LIVE Indycar** Farm to Finish 275.
8.30 **Indy NXT** Highlights.
9.30 **Formula 1** British Grand Prix.
11.45 **Ted's Notebook**
12.15 AM **Adrian Newey IV**
12.30 **Lewis Hamilton: Why Heritage Matters** With Naomi Schiff.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

14 July

Evening Planner

Documentary

Michael Mosley: Secrets of the Superagers

C4, 8pm

In one of his last projects, Dr Michael Mosley looks at the science of ageing.

Entertainment

Shark! Celebrity Infested Waters

ITV1, 9pm (box set, ITVX)

Seven celebrities including Sir Lenny Henry and Rachel Riley dive with sharks.

Documentary

Human

BBC2, 9pm (box set, BBC iPlayer)

Paleoanthropologist Ella Al-Shamahi tells the epic story of homo sapiens that spans 300,000 years and counting.

Drama

The Couple Next Door

C4, 9pm (box set, C4 Streaming)

The psychological thriller returns with a brand new cast – stars Aggy K. Adams, Annabel Scholey and Sam Palladio.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives...	7.30 EastEnders	8.00 Panorama		9.00 Death in Paradise		10.00 News; Local News	10.40 Have I...
	102 BBC2	7.00 Today at the Test		8.00 Mastermind	8.30 University...	9.00 Human		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Shark! Celebrity Infested Waters		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Michael Mosley: Secrets of the...		9.00 The Couple Next Door		10.00 Crime Scene Cleaners	
	105 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Insomnia		10.05 The Mushroom Poisonings...	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Predators		9.00 The Gilded Age		10.10 Royal B**tards: Rise of the...	
ENTERTAINMENT	115 BBC3	7.00 Deadly Predators		8.00 Dubai Hustle		9.00 Billion Dollar Playground			10.30 Fleabag
	116 BBC4	7.00 A Summer...	7.30 Canal Boat...	8.00 Rise of the Nazis: The Downfall		9.00 Lost Home Movies of Nazi Germany		10.00 The Sky at...	10.30 Nicholas...
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 G'wed	10.40 Family...
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 Matt Baker: Our Farm in the Dales		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.30 Westworld	7.30 Game of Thrones			9.00 The Gilded Age		10.10 Catherine the Great	
	110 U&GOLD	‹ 6.55 Are You...	7.30 Dad's Army	8.10 Open All Hours	8.50 The Vicar of Dibley			10.00 The Royle Family	10.35 The Fast...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 Dave Gorman: Modern Life Is Goodish	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 Tour de France Highlights		8.00 Formula E Highlights		9.00 Film: Live Free or Die Hard			
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Michael McIntyre: Showtime		10.00 Al Murray: One Man, One Guvnor...	
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 From the Earth to the Moon		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob Beckett's Smart TV		9.00 Mr Bigstuff		10.00 Poker Face	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Beyond Paradise		9.00 Shakespeare & Hathaway: Private Investigators			
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Live in Malta			9.30 Andrea Bocelli: The Journey		
	132 U&W	7.00 The Shift: Women on the Force		8.00 The Secret Life of 4, 5, 6 Year Olds...		9.00 Deadly Waters with Captain Lee		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Alaska: Homestead Rescue			
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Expedition Bigfoot		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 Killer Kings		10.00 Discovered by Disaster	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Canal Boat Diaries		9.00 Tropic of Capricorn		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 My Mom Jayne				9.00 Film: Bobby			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 Sew Torn		8.00 Wicked					
	302 2025 RECAP	‹ 4.55 Horizon: An American Saga...		8.00 The Last Stop in Yuma County			9.40 Get Away		
	303 HITS	‹ 5.15 Wicked		8.00 Jason Bourne				10.05 Twisters	
	304 GREATS	‹ 6.15 Hudson Hawk		8.00 Enter the Dragon			9.45 Robin Hood: Prince of Thieves		
	305 ANIMATION	7.00 The Pirates! In an Adventure with Scientists			8.35 Open Season			10.10 Lego DC Comics Super...	
	306 FAMILY	‹ 5.45 Spiderwick...	7.30 The SpongeBob SquarePants Movie			9.10 Peter Pan			
	307 ACTION	‹ 5.55 Twister		8.00 The Italian Job				10.00 Django Unchained	
	308 BUDDY FILMS	‹ 6.10 Mean Girls		8.00 Mean Girls			9.55 Knocked Up		
	309 THRILLER	‹ 6.20 A Sacrifice		8.00 Ocean's Thirteen				10.15 Dirty Harry	
	310 DRAMA	‹ 6.10 Dunkirk		8.00 Ghost				10.10 Beach Rats	
	311 SCI-FI	‹ 5.30 Superman		8.00 A.I. Artificial Intelligence					10.35 Terminator...
	313 FILM4	7.00 Dog				9.00 Plane			
SPORT	401 MAIN EVENT	7.00 Sky Sports News						10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 The Fall and Rise of Leeds United		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Championship Retro		8.00 Best Moments From...		9.00 EFL Greatest Games		10.00 EFL Cup Retro	
	404 CRICKET	7.00 Ashes Greats	7.30 Best of...	8.00 Test Cricket		9.00 Best of England v India			
	410 TNT SPORTS 1	‹ 6.30 Superbike...	7.30 British Speedway – Live: Sheffield Tigers v Oxford Spires					10.00 True Grit	
	411 TNT SPORTS 2		7.15 Test Cricket – Live: West Indies v Australia						

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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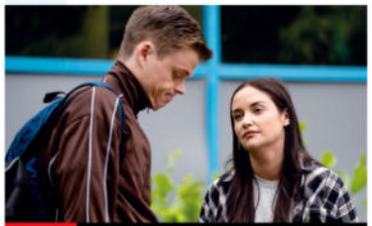
Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain** (S)(R)
10.15 **Fraud Squad** New edition Toxic waste being dumped illegally. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition From Newark Showground. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** New edition Chris Hull and Charlie Dimmock head to Cardiff to transform a safety hazard into a wild Welsh garden. (S)
4.30 **Bridge of Lies** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)



7.30 EastEnders

7 PM

7.00 **Our Lives: The Social Knitwork** New edition Hope Macaulay and a team of home knitters open a shop in Los Angeles. (S)
7.30 **EastEnders** Lauren is shocked by an alarming phone call. (S)(AD)

8 PM

8.00 **Panorama** New edition In-depth current affairs report covering a story behind the headlines. (S)

9 PM

9.00 **Death in Paradise** *Steamy Confessions:* 2/9. The team are baffled when an archaeologist is poisoned, especially as there is a distinct lack of evidence. Meanwhile, Neville enters a crab-cooking contest. (S10) (S)(R)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Bill Bailey hosts the satirical current affairs quiz, with guest panellists Helen Lewis and Daliso Chaponda. (S)(R)
11.10 **This Country** 3/6. Kerry and Kurtan eagerly await the release of their uncle – Steve 'Nugget' Nuggins – from prison. (S)(R)(AD) **11.30** 4/6. Kerry is inspired by a business talk at the village hall and becomes a door-to-door saleswoman. (S1) (S)(R)(AD)
11.55 **Celebrity Bridge of Lies** Sara Davies, Tyler West, Nikki Fox and Gordon Smart take part. (S)(R)
12.40 AM **Weather for the Week Ahead**
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.45 AM **Bargain Hunt** (S)(R)(AD)
7.30 **Beechgrove Garden** (S)(R)
8.00 **Sign Zone: Springwatch** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Italy's Invisible Cities** (S)(R)(AD)
4.15 **The Life of Mammals** Earth's most successful animals. (S)(R)(AD)
5.15 **Flog It!** Paul Martin hosts from Wrest Park, Bedfordshire. (S)(R)
6.00 **Richard Osman's House of Games** With former winners Nihal Arthanayake, Jay McGuiness, Lucy Porter and Jan Ravens. (S)(R)
6.30 **Robson Green's Weekend Escapes** Robson is joined by Faye Tozer of Steps in the Breamish and Ingram valleys. (S)(R)(AD)

8.30 University Challenge

7.00 **Today at the Test** England v India: Alison Mitchell presents action from the fifth and final day's play of the third Test in the five-match series, staged at Lord's in London. (S)

8.00 NEW SERIES **Mastermind** Clive Myrie returns with the long-running quiz series. (S)
8.30 NEW SERIES **University Challenge** Amol Rajan hosts as the University of Sheffield take on the University of Warwick. (S)

9.00 NEW SERIES **Human** *The First of Us:* 1/5. Palaeoanthropologist Ella Al-Shamahi tells the story of humanity across 300,000 years of evolution. *See feature, page 20.* (S)(AD) ■ Entire series on BBC iPlayer

10.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul fish for perch in the River Ouse. (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Couples Therapy** New edition 17/18. Katherine finally reveals the roots of her trauma. (S) **11.25** Series finale 18/18. Katherine and Nick take stock of the progress they have made. (S) ■ Entire series on BBC iPlayer
11.50 NEW **The Open Championship 2019: How Shane Won the Claret Jug** A look back at Shane Lowry's triumph at Royal Portrush. (S)
12.50 AM **Sign Zone: Countryfile** (S)(R)
1.45 **Sign Zone: Antiques Roadshow** From Thirlestane Castle. (S)(R)
2.45 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Alex Beresford, Sarah-Jane Crawford and Joe Absolom trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Lingo** Adil Ray hosts the word-based quiz show. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7.30 **Emmerdale** Sarah is keen to fulfil her dreams as Cain and Charity want to help her, while Lewis is a success, but Nicola is feeling frustrated. (S)(AD)

8.00 **Coronation Street** Mick reads a message on his burner phone, which leads to him breaking out of prison. Later, at the school, Daniel and Mrs Crawshaw come face to face with Craig's killer, who tells them he wants Joanie. (S)(AD)

9.00 NEW SERIES **Shark! Celebrity Infested Waters** 1/5. Seven famous faces, including Lenny Henry and Lucy Punch, head to the Bahamas to swim with man-eating sharks. *See feature, page 4.* (S)(AD) ■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 NEW **How Jaws Changed the World** A look at the impact of Steven Spielberg's 1975 film on people's attitudes to sharks. (S)
11.35 **Shark! Celebrity Infested Waters** As 9.00pm. (S)(R)(AD)
12.30 AM **Tour de France Highlights** Gary Imlach presents action from the 10th stage of the race. (S)(R)
1.20 **Teleshopping**
3.00 **Suspicion** 4/8. Eddie teams up with Aadesh to try to clear their names. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dermot O'Leary's Taste of Ireland** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 3-6/22. (S2) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** (S5) (S)(R)(AD)
11.10 **Ramsay's 24 Hours to Hell and Back** From Arkansas. (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Complete strangers Sarah and Paige transform a crumbling house bought at auction. (S)(R)
5.00 **Chateau DIY** At Château Lagorce, Edward must learn to roof tile for a poolside project. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** New edition Returning clients Keith and Tracy need help to move to a more accessible home. (S)

8.00 Secrets of the Superagers

7.00 **News** (S)

8.00 NEW SERIES **Michael Mosley: Secrets of the Superagers** 1/6. In one of his last projects before his death last year, Michael meets people who seem to defy the normal rules of ageing. The first edition focuses on the brain. (S)(AD)

9.00 NEW SERIES **The Couple Next Door** 1/6. Return of the psychological drama. An old flame and a mysterious new colleague turn a couple's lives upside down. *See feature, p12.* (S2) (S)(AD) ■ Continues tomorrow

10.00 **Crime Scene Cleaners** New edition 3/10. Rotting waste, drug paraphernalia and suspected stolen goods are found in a derelict property in Worksop, and a maggot-covered body lies in the sweltering Florida heat. (S)(AD)
11.05 **Merseyside Detectives: The Murders of Ashley and Olivia** 1&2/4. Double bill. (S)(R)(AD)
1.00 AM **24 Hours in A&E** (S)(R)(AD)
1.55 **Ramsay's Hotel Hell** (S)(SL)(R)
2.40 FILM **Bhagwan Bharose** Indian coming-of-age comedy starring Satendra Soni. Subtitled. (S) (2023, 12, 95min) ★★★★
4.15 **Jamie's One-Pan Wonders** (S)(R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Married to a Stranger** Thriller starring Emma Johnson and Giles Panton. (S) (2025, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Best friends Bambi and Johnny head to Benidorm's annual Pride Party. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Graeme Hall meets a German shepherd that has been driving its owner crazy. (S)(R)
6.55 **News** (S)

9.00 Insomnia

7.00 Traffic Cops Traffic officers from North Yorkshire Police have to tackle cases of sex offences and people trafficking. (S)(R)
7.55 News (S)

8.00 Motorway Cops: Catching Britain's Speeders New edition At Grimsby Docks, Sgt Tom Elvidge races to catch up with some teenagers suspected of being armed with a knife while trying to steal a moped. (S)

9.00 Insomnia New episode *Happy Birthday!* 4/6. Phoebe suffers a panic attack when Robert shows her the footage of Emma. Stars Vicky McClure. (S1) (S)
■ Continues tomorrow

10.05 NEW **The Mushroom Poisonings: The Case That Gripped the World** One-documentary about the trial of Australian woman Erin Patterson, which centres on a lunch in 2023 that resulted in three deaths. (S)

11.05 NEW **The Mystery of Room 130: Hotel Murders** The death of 21-year-old Hayden Fitzpatrick in 2018. (S)
12.05 AM **Cause of Death** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S7) (S)(R)(AD)
3.45 **Carol Drinkwater's Secret Provence** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **New Kids in the Wild** (S)(R)(AD)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 17/18. (S4) (S)(R)(AD)
5.00 **The Simpsons** *My Octopus and a Teacher:* Bart is unable to control his feelings when he gets a new teacher. (S)(R)
5.30 *Pretty Whittle Liars:* Cletus discovers that his wife Brandine has been hiding a secret. (S)(R)
6.00 *Girls Just Shauna Have Fun:* Lisa joins the high-school marching band. (S)(R)
6.30 *Marge the Meanie:* A surprise from Marge's past has her bonding with Bart. (S)(R)

9.00 The Gilded Age

7.00 The Office (US) *Training Day:* Michael introduces the staff to Deangelo Vickers. Guest stars Will Ferrell. (S)(R)
7.30 *Michael's Last Dundies:* Michael prepares for his last-ever Dundie awards. (S)(R)

8.00 Predators 5/5. In Zimbabwe, an African wild dog pack find themselves outnumbered by lions and hyenas, and the pups must learn quickly if the pack is to survive. Narrated by Tom Hardy. (S)(R)(AD)

9.00 The Gilded Age New episode *Marriage Is a Gamble:* 4/8. Gladys and the duke's wedding is imminent, and Bertha must deal with rumours in the press, the arrival of her sister Monica, and an unwilling bride. (S3)

10.10 Royal Btards: Rise of the Tudors** 1/3. Docu-drama telling the story of the Wars of the Roses and the Tudor dynasty through the women who shaped the course of English history. (S1) (S)(R)

11.10 Curb Your Enthusiasm 9/10. Cheryl and Larry head to Monterey to attend her sister Becky's wedding. (S)(R)
11.45 10/10. Larry goes for a massage. (S2) (S)(R)
12.20 AM **The Force: North East** (R)
1.15 **Brit Cops: Law & Disorder** (R)
2.10 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 17/18. (S4) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.00pm Lost and Found in the Lakes (S)(R)
8.30-9.00 Oul Treasures (S)(R) **10.40** Panorama New edition (S) **11.40** Have I Got News for You (S)(R) **12.15am** This Country (S)(R)(AD) **1.00-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00-7.30pm Treasure Sisters: Our Lives New edition (S) **10.40** Saving Lives in Cardiff (S)(R) **11.40** Have I Got News for You (S)(R) **12.10am** This Country (S)(R)(AD) **12.50-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Ar Scáth an Cheoil (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.40** Help Llaw **8.55** Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Arfordir Cymru: Sir Benfro (AD) **12.30** Heno o Llangollen **1.00** Prynhawn Da New edition **1.55** Newyddion a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.25** Olobobs **4.30** Pablo **4.45** Kim a Cet a Twrch **5.00** Stwnsh **6.00** Y Sin (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar New edition **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Cefn Gwlad (AD) **9.58** Y Tywydd **10.00** Seiclo: Tour de France **10.30** NEW It's My Shout: Short Films from Wales **10.50-11.55pm** Gronyn Gobaith: Cymry Cern

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly Predators** 1/7. Steve Backshall explores the world of sharks. **7.30** 2/7. Steve goes in search of the fastest predators on earth.
7.55 The Catch Up
8.00 Dubai Hustle 2/4. Chris's deal is in peril, and Jess hosts a birthday party on a yacht. **8.30** 3/4. Part one of two. Archie and Ben vie to get promoted as senior brokers.
9.00 Billion Dollar Playground New editions 3/6. The guests expect military precision for their corporate retreat at a country estate. **9.45** 4/6. CEO Alex sends in back-up to keep things five-star, and a new face shakes up the team.
10.30 Fleabag 3&4/6. (S1)
11.30 The Tooney and Russo Show New edition
11.55 Such Brave Girls (S2)
12.50 AM **Paddy & Molly: Show No Mersey** Double bill.
1.50 Brickies Double bill.
2.50 Dubai Hustle Double bill.
3.50 **to 3.55** AM **Laugh Lessons**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 A Place in the Sun
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed** Five editions.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help the Farhalls in Windsor.
6.55 **The Dog House Australia** New edition After having been homeless for 15 months, Juliana and her three children are looking for a dog to enjoy the back garden in their new home.
7.55 **The Dog House** High-energy spaniel Storm needs a playmate who can keep up with him – and it might just be that Macie is the answer.
9.00 **Matt Baker: Our Farm in the Dales** 3/6. Lambing season begins, Matt works on his dream woodland hut and wildlife hideaway, and the children try to make the pond area more accessible for Mike and Janice.
10.00 **24 Hours in A&E** A woman collapses at work following a thunderclap headache.
11.05 **24 Hours in A&E**
12.10 AM NEW SERIES **Royal Flying Doctors** 1/8. Australian drama starring Emma Hamilton. (S2).
1.15 **Matt Baker: Our Farm in the Dales** As 9.00pm.
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey: The Severn** Angela Rippon explores the River Severn.
7.30 **Canal Boat Diaries** Robbie Cumming travels along the Shropshire Union Canal.
8.00 **Rise of the Nazis: The Downfall** 2/3. Hitler retreats to his bunker.
9.00 **Lost Home Movies of Nazi Germany** 2/2. Amateur footage from the latter half of World War Two.
10.00 **The Sky at Night** New edition Exploring the search for exoplanets.
10.30 NEW **Nicholas Shakespeare Remembers... Mario Vargas Llosa** The novelist looks back on his 1990 film.
10.45 **Mario Vargas Llosa: The Story of the Novelist Who Would Be President**
11.45 **Berlin 1945**
12.40 AM **A Summer Journey: The Severn** As 7.00pm.
1.10 **Canal Boat Diaries**
1.40 **Lost Home Movies of...**
2.40 **to 3.40** AM **Rise of the Nazis: The Downfall**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *The Last of the Red Hat Mamas.*
7.00 **Hollyoaks** Grace is shocked by a bombshell from the past.
7.30 **The Simpsons** *Kill the Alligator and Run:* The family go on the run.
8.00 NEW SERIES **Below Deck** Captain Kerry Titheradge takes control of the *St David* as he leads his crew off the historical island of Grenada.
9.00 **Gogglebox** Opinions on *Wild Isles, Starstruck, The Apprentice* and *The Piano.* **10.00** Appraisals of shows including *Wild Isles, Rise and Fall* and *Challenge Anneka.*
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.05 **Brooklyn Nine-Nine**
2.05 **The Goldbergs**
2.55 **Modern Family**
3.20 **Below Deck**
4.10 **Ramsay's Kitchen Nightmares USA**
5.00 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Monday primetime primetime

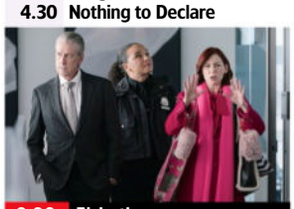
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **The Good Doctor** (S6)
1.00 PM **FBI** 10/15. The team hunt for two assailants who wear animal masks while committing armed robberies. (S3)
2.00 **Caught on Dashcam**
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**



9.00 Elsbeth

7 PM

7.00 Nothing to Declare An anxious passenger arouses suspicion. **7.30** A girl is questioned by immigration officers.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 Elsbeth New episode *Finance Bros:* 10/20. A Wall Street titan is killed after giving up his fortune. With Alan Ruck. (S2)

10 PM

10.00 Blue Bloods *Heroes:* 7/21. Frank plans to punish a cop for his inaction during an armed robbery. (S13)

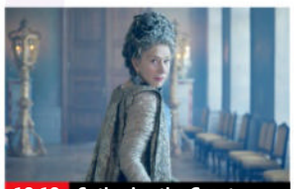
11.00 **FBI** 1&2/22. (S5)
1.00 AM **Fire Country** 1/10. (S2)
2.00 **The Rookie** New episode 7/18. On Celina's last day as a rookie, John gives her a final test. (S7)
3.00 **The Good Doctor** 15/22. (S6)
4.00 **The Real A&E**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **The Sopranos** 8&9/21. (S6)
10.00 **Westworld** 3&4/8. (S4)
12.00 NOON **Game of Thrones**
1.30 PM **Domina** 7&8/8. (S1)
3.30 **The Sopranos** 8/21. AJ causes problems for his family. **4.30** 9/21. Paulie organises an annual feast. (S6)
5.30 **Westworld** 3/8. Bernard embarks on his journey. **6.30** 4/8. Bernard and the resistance search for a weapon in the desert. (S4)



10.10 Catherine the Great

7.30 Game of Thrones *The Dragon and the Wolf:* 7/7. Everyone meets in King's Landing to discuss the fate of the realm, Sansa confronts Arya, and Sam and Bran discover Jon's shocking secret. (S7)

9.00 The Gilded Age *Marriage Is a Gamble:* 4/8. Bertha must deal with unwanted rumours, her sister and an unwilling bride. (S3)

10.10 Catherine the Great 3/4. Catherine struggles to deal with Potemkin's moods, and tragedy strikes for Paul. (S1)

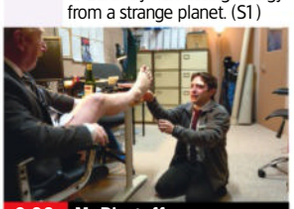
11.20 **Homicide: Life on the Street** 7/22. Part two of two. Lewis is rushed to hospital. (S7)
12.15 AM **The White Lotus** (S1)
1.30 **Big Little Lies** 3/7. (S2)
2.30 **The Leftovers** 4/10. (S2)
3.30 **Game of Thrones** (S7)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 7/13. (S9)
9.00 **Stargate Atlantis** (S1)
11.00 **SEAL Team** 13/22. (S1)
12.00 NOON **The Flash** 8/13. (S9)
1.00 PM **Hawaii Five-0** (S8)
3.00 **NCIS: Los Angeles** 4/22. (S13)
4.00 **S.W.A.T.** 17/18. (S4)
5.00 **SEAL Team** 12/22. Clay is caught in a life-threatening situation in Iraq. (S1)
6.00 **Stargate Atlantis** 9/20. McKay comes up with a plan to return to Earth by harnessing energy from a strange planet. (S1)



9.00 Mr Bigstuff

7.00 Stargate Atlantis *The Storm:* 10/20. Part one of two. A hurricane bears down on the city, so the inhabitants evacuate. (S1)

8.00 Rob Beckett's Smart TV Gyles Brandreth, Sope Dirisu, Helen George and Judi Love take part.

9.00 Mr Bigstuff 3/6. Glen steps up as World of Carpets acting manager. **9.30** 4/6. Glen has his promotion ruined. (S1)

10.00 Poker Face *The End of the Road:* 12/12. Charlie questions everything she has believed in. Guest stars Rhea Perlman. (S2)

11.00 **Warrior** 6/10. Tensions rise after an assassination attempt is made during a Chinatown parade. (S1)
12.00 M'T **The Force: North East**
1.00 AM **Brit Cops: Law & Disorder**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 4/22. (S13)
4.00 **S.W.A.T.** 17/18. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **The Bardsley Bunch**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Love Island

7.00 Deal or No Deal Stephen Mulhern hosts as Brian H takes on the Banker for the chance to win life-changing money.

8.00 Million Dollar Listing: LA Tracy and Heather score more than they bargained for with a Beverly Hills home.

9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10.05 G'wed 2/5. Aimee accompanies her dad to a PIP assessment. (S2)
10.40 Family Guy 12/21. Peter makes a new friend. (S12)
11.10 **Family Guy** 9/21. (S12)
11.40 **American Dad!** 9&5/22. (S11)
12.35 AM **Bob's Burgers** (S14)
1.05 **Plebs** 5/8. (S2)
1.40 **G'wed** As 10.05pm.
2.15 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal** *Home from the Hill.*
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Garden of Death:* Barnaby investigates a murder in a memorial garden.
5.50 **Heartbeat** *Turn of the Tide:* Nick goes undercover to investigate smuggling in Whitby, and Kate is the bearer of bad news for a young girl.

8.00 Grace

6.55 Heartbeat *Love Child:* An adoption file goes missing after a break-in at the council offices, and a toddler is abducted.

8.00 Grace *Dead Simple:* Detective Superintendent Roy Grace is approached by colleague DS Glen Branson to help investigate the disappearance of a property developer.

10.00 Foyle's War *The German Woman:* Foyle is frustrated at seeing everyone go off to war, until he starts fighting his own battle.

12.00 M'T **The Bay** 5/6. A new SIO is called in to lead the MIU team, who struggle to adapt to a new way of working. **1.00** AM 6/6. Jenn discovers someone close to Hannah is withholding information. (S5)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: The Repair Shop on the Road**
3.15 **Sign Zone: Island Crossings**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Scotland's Greatest Escape** Double bill.
8.30 **Grand Tours of Scotland's Rivers**
9.00 **Still Game** 5/9. (S2)
9.30 **NEW Govan Fair Queen** Comedy short.
9.40 **NEW Good for Her** Comedy sketches written, directed by and starring Zara Gladman.
10.00 **River City** New episode A desperate Sonny battles his demons.
10.30 **Situationships with Sophie and Christine**
11.00 PM **to 12.00** M'T **Michelle McManus: Talent Show Winners**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto** (S1)
9.00 **The Conners** (S4)
10.00 **Entourage** (S8)
11.20 **Flight of the Conchords** (S1)
12.35 PM **Silicon Valley** (S2)
1.55 **Entourage** 7&8/8. (S8)
3.15 **Upright** 7&8/8. (S1)
4.25 **Flight of the Conchords** (S1)
5.45 **The Conners** (S4)
6.45 **The Office (US)** (S7)
7.45 **Silicon Valley** 5/10. Richard decides to downsize Pied Piper. **8.25** 6/10. Erlich prepares an epic launch party. (S3)
9.00 **Sarah Silverman: We Are Miracles** Stand-up special.
10.10 **Chris Ramsey: Live from London** Stand-up performance.
11.10 **Curb Your Enthusiasm**
12.30 AM **Entourage** (S1)
1.45 **My Favourite Shapes by Julio Torres**
2.50 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **LSO: Rattle Conducts Sibelius & Bruckner**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Van Gogh by Vincent**
3.00 **Classic Movies: The Story of Brief Encounter**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **NEW André Rieu: Live in Malta**
9.30 **Andrea Bocelli: The Journey**
11.30 **Ennio: The Maestro**
2.25 AM **Janine Jansen: Falling for Stradivari**
4.10 **Landmark**
5.10 **to 6.00** AM **Inside Art: Masterpieces from Buckingham Palace**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *Hide and Q:* 10/26. Q offers Riker god-like powers. (S1)
8.00 **Star Trek: Deep Space Nine** *The Maquis – Part One:* 20/26. A Cardassian freighter is sabotaged. (S2)
9.00 **FBI** 11&12/19. (S2)
11.00 **Grimm** 14/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the game show.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Paula takes on the Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Tyreece takes on the Banker for the chance to win life-changing money.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary** Double bill of the game show.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Father Dowling Mysteries** 2/8. (S1)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 1/25. (S1)
12.00 NOON **Highway to Heaven** 1/25. (S1)
1.00 PM **Father Dowling Mysteries** 7/8. (S1)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 8&9/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** 18/26. (S1)
10.00 **The New Avengers** *The Eagle's Nest:* 1/13. Steed investigates the death of a colleague on a remote Scottish island. (S1)
11.00 **The Avengers** (S6)
12.00 M'T **M*A*S*H** (S7)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 18/24. (S3)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Protectors**
6.30 **Minder**
7.30 **The Professionals**
8.30 **Dempsey and Makepeace**
9.30 **Magnum, PI**
10.30 **Made in Britain**
11.00 **Tour de France Highlights**
12.00 NOON **LIVE Tour de France** Coverage of the 10th stage, a 165.3km route from Ennezat to Le Mont-Dore Puy de Sancy.
5.00 PM **Great Racehorses**
5.20 **River Monsters**
5.55 **Minder**

5.20 River Monsters

7.00 Tour de France Highlights Action from the 10th stage, a 165.3km route from Ennezat to Le Mont-Dore Puy de Sancy.

8.00 Formula E Highlights Nicki Shields presents action from the Berlin ePrix held at Tempelhof Airport Street Circuit.

9.00 FILM Die Hard 4.0 Action thriller sequel with Bruce Willis and Timothy Olyphant. Tough cop John McClane goes on the trail of a criminal mastermind plotting a technological terror attack on America. (2007, 15, 128min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 Wrestling: AEW Collision Hard-hitting wrestling action.
1.30 AM **Motorsport UK** Action from Snetterton featuring racing from the Wera Tools F4 British Championship.
2.25 Two and a Half Men
2.50 to 3.00 AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 8/26. (S7)
2.00 **Atlantis** 1/13. (S2)
3.00 **Stargate Atlantis** 5/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 8/26. (S7)
6.00 **Star Trek: Enterprise** 19/24. The crew members recover from a deadly Xindi assault, but the ship is crippled. (S3)

9.00 From the Earth to the...

7.00 Atlantis *A New Dawn – Part One:* 1/13. Ariadne turns to Jason to help save her kingdom. (S2)

8.00 Stargate Atlantis *Condemned:* 5/20. The crew are forced to make an emergency landing on a prison island. (S2)

9.00 From the Earth to the Moon *For Miles and Miles:* 9/12. Veteran astronaut Alan Shepard gets another chance with Apollo 14. (S1)

10.00 The Walking Dead *Lines We Cross:* 1/22. The survivors struggle to hold onto their concept of civilisation. (S10)

11.00 Wynonna Earp 8/12. Date night comes to Purgatory.
12.00 M'T 9/12. Purgatory's prime protector faces a devastating dilemma, while Waverly and Nicole make a date with a jeweller. (S3)
1.00 AM **True Blood** 5&6/12. (S5)
2.55 Room 104 2&3/12. (S3)
4.00 to 6.00 AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **WPC 56** 5/5. (S2)
11.00 **Hudson & Rex** 1/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm
1.00 PM **Beyond Paradise** 4/6. (S2)
2.00 **Murdoch Mysteries** (S8)
4.00 **WPC 56** 5/5. (S2)
5.00 **Hudson & Rex** 1/16. Two hikers are found dead. (S4)
6.00 **Father Brown** *The Curse of the Aesthetic:* The sleuthing priest investigates when a tortured artist is murdered.

7.00 Miss Scarlet and the Duke

7.00 Miss Scarlet and the Duke 1/6. First episode of the crime drama set in Victorian London, starring Kate Phillips. (S1)

8.00 Beyond Paradise 4/6. A priest from a Catholic boarding school suddenly disappears. (S2)

9.00 Shakespeare & Hathaway: Private Investigators 3/10. The duo help a community of allotment holders.

10.00 Shakespeare & Hathaway: Private Investigators 4/10. A carpet magnate is killed in an accident. (S3)
11.00 Father Brown As 6.00pm.
12.00 M'T **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 AM **Elementary** 21/21. An investigation threatens Holmes and Watson's partnership. (S6)
2.00 to 4.00 AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.35 **Ever Decreasing Circles**
10.20 **Are You Being Served?**
11.00 **Open All Hours**
11.35 **Last of the Summer Wine**
12.55 PM **The Green Green Grass**
1.35 **Ever Decreasing Circles**
2.15 **Dad's Army**
3.00 **Open All Hours**
3.40 **Are You Being Served?**
4.15 **Last of the Summer Wine**
5.35 **Ever Decreasing Circles**
6.15 **The Green Green Grass**
6.55 **Are You Being Served?**

8.50 The Vicar of Dibley

7.30 Dad's Army A daring bid to rescue Walker and Godfrey from a stricken pumping station goes awry.
8.10 Open All Hours Arkwright loses his trousers on the way to a wedding.
8.50 The Vicar of Dibley 2/2. Dawn French stars in the last-ever episode, which sees the vicar preparing for her wedding. But there are hitches even before the big day arrives.

10.00 The Royle Family Nana is in mourning for her friend Elsie.
10.35 The Fast Show Jesse shares more fashion tips.
11.15 Not Going Out Lucy announces she is pregnant.
11.55 Absolutely Fabulous
12.35 AM **The Vicar of Dibley**
1.50 The Royle Family As 10pm.
2.30 The Fast Show As 10.35pm.
3.00 Not Going Out As 11.15pm.
3.30 to 4.00 AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Special Ops: Crime Squad UK**
10.00 **Guy Martin's Great British Power Trip** Documentary.
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Celebrity Storage Hunters** Double bill.
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Exploring comfort food.
6.00 **Rick Stein's Mediterranean Escapes** The chef enjoys the bazaars of Morocco.

10.00 Modern Life Is Goodish

7.00 Would I Lie to You? With Adam Woodyatt, Phil Wang, Jason Watkins and Maggie Aderin-Pocock.
7.40 Richard Osman's House of Games With Jamelia and Susan Calman.
8.20 Dom Joly, Angela Rippon, John Robins and Samira Ahmed take part.

9.00 Have I Got a Bit More News for You Martin Clunes hosts the satirical quiz, with guests Layla Moran and Sara Pascoe.

10.00 Dave Gorman: Modern Life Is Goodish The comedian's inquisitive mind takes on AI, honesty in TV and leaving London.
11.00 Taskmaster Greg Davies sets challenges involving snowglobes, rubber ducks and wooden spoons.
12.00 M'T **Mock the Week**
12.35 AM **Would I Lie to You?**
2.00 Survivor South Africa
3.25 to 4.00 AM **QI**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Alicante.
10.30 **Help! We Bought a Village** Documentary.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **The Great House Giveaway** In Manchester.
2.30 **George Clarke's Amazing Spaces**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Amazing Spaces: George's Icelandic Adventure** The best of Iceland's architecture.
8.00 **Dover 24/7: Britain's Busiest Port**
9.00 **24 Hours in Police Custody** Double bill.
11.05 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.05 **Crime Scene Cleaners**
2.05 **In the Footsteps of Killers** Ken Brown.
3.10 **Bake Off: The Professionals**
4.05 **to 5.00** AM **24 Hours in Police Custody**

5USA

141/169 129 120/162 21 129 29

9.00 AM **NCIS** 3-5/24. (S3)
12.00 NOON **Law & Order: Criminal Intent** (S1 &2)
6.00 PM **NCIS** *Iced:* 19/24. Two children find the body of a missing US Marine in a frozen lake.
7.00 *Untouchable:* 20/24. A Pentagon cryptographer dies in strange circumstances.
8.00 *Bloodbath:* 21/24. Abby becomes the target of an assassination attempt. (S3)
9.00 **NCIS: Hawaii** New episode *Family Ties:* 16/22. Navy residents discover their vehicles were broken into overnight and the team connect it to a series of peculiar crimes. (S2)
10.00 **Law & Order: Special Victims Unit** (S14)
1.55 AM **Person of Interest**
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A key member of staff calls in sick at the last minute.
9.00 **Ambulance: Code Red** A collision between two motorcyclists issues a code red call out.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **GPs: Behind Closed Doors**
1.00 AM **NEW SERIES Absentia** 1&2/10. Double bill of the thriller. (S3)
2.50 **Quantico** 18/22. (S2)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
2.20 PM **FILM Bullet for a Badman** Western. (1964, PG, 80min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** An angry van driver gives a PC a major dressing down.
8.00 **Police Interceptors** Officers respond to reports of a man tossing parcels over a prison wall.
9.00 **Ice Road Truckers**
11.00 **Quantum Leap** (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Junior USA** Culinary show.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: Homes for Veterans** In Manchester.
7.00 **The Shift: Women on the Force** Documentary.
8.00 **The Secret Life of 4, 5, 6 Year Olds Australia** The children learn the ups and downs of winning and losing.
9.00 **Deadly Waters with Captain Lee** Series finale Three missing fingers point to the identity of a body found near Catalina Island.
10.00 **999 Rescue Squad**
12.00 M'T **Inside the Ambulance**
12.30 **to 3.00** AM **Interior Design Masters with Alan Carr**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.20 **Doctors**
9.35 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Kingdom**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Inspector Lynley Mysteries** *The Seed of Cunning:* Lynley and Havers investigate the murder of a doorkeeper at the House of Lords.
10.00 **New Tricks** *Gloves Off:* The team reinvestigate the murder of a boxer.
11.20 **Spooks** 8/10. (S2)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

MONDAY Entertainment

Monday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** With children's author Sally Gardner.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Hettie Jago takes on David Harper in Scotland. **8.00** David and Hettie head to Glasgow on their search for antiques.
9.00 NEW SERIES **The Yorkshire Auction House** Angus Ashworth and his team perform house clearances and uncover hidden gems.
10.00 **The Yorkshire Auction House** Double bill.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** With Lee Ryan and Melinda Messenger.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the quiz hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill of the darts-based quiz..
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Wild West Chronicles** Western.
8.30 **Wanted: Dead or Alive**
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM Valdez Is Coming** Western. (1970, 15, 86min) ★★★
3.05 **FILM The Longest Drive** Western drama. (1976, PG, 93min) ★★
5.20 **Wanted: Dead or Alive**
6.00 **Bonanza** 24/32. (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Mercenary for Justice** Action thriller. (2006, 18, 91min) ★★
11.05 **FILM Midnight in Saint Petersburg** Spy thriller sequel. (1995, 15, 85min) ★★
1.05 AM **FILM Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
3.10 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 34 32

9.00 AM **Saving Lives at Sea**
10.00 **FILM Woman on the Edge** (2018, PG) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Deadly Patient** Crime drama. (2018, 12, 86min) ★★
2.55 **FILM Deadly Hack** Thriller. (2018, 12) ★
5.00 **FILM Killer Cove** Thriller. (2018, PG, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Martha's Vineyard Mysteries: Riddled with Deceit** Drama. (2020, PG, 85min) ★★
10.55 **FILM Garage Sale Mystery: Picture a Murder** Crime drama. (2018, PG, 90min) ★★
12.50 AM **FILM The Terrorist Next Door** Drama. (2008, PG, 92min) ★★
2.50 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM A Stolen Past** Drama. (2018, 12, 87min) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Love at the Ranch** (2020, PG) ★★
10.00 **FILM Love Stories in Sunflower Valley** Comedy. (2021, PG) ★★
12.05 PM **FILM One Summer** Drama. (2021, PG) ★★
2.00 **FILM The Engagement Plot** (2022, PG) ★★
4.05 **FILM How to Find Forever** Romantic drama. (2021, PG, 90min) ★★
6.05 **FILM Accidentally Engaged** Drama. (2016, PG, 86min) ★★
8.00 **FILM The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
10.05 **FILM Double Wedding** Romantic comedy. (2010, PG, 88min) ★★
12.00 M'T **FILM Undercover Bridesmaid** Drama. (2012, PG, 86min) ★★
2.05 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Engagement Plot** Comedy. (2022, PG) ★★
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 28/36. (S1)
10.30 **I Dream of Jeannie** (S1)
11.00 **Jokers Wild**
11.30 **Please Sir!** 20/21. (S4)
12.00 NOON **Carry On Laughing** 2/7. (S2)
12.30 PM **You're Only Young Twice** 2/9. (S3)
1.00 **Born Free** 6/13. (S1)
2.00 **The Blue and the Gray**
4.30 **That's My Dog**
5.00 **A Sharp Intake of...**
5.30 **I Dream of Jeannie** (S1)
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S1)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Please Sir!** (S4)
8.30 **A Sharp Intake of Breath** 2/3. (S3)
9.00 **Bramwell** 9/10. (S3)
10.00 **Soap** 5/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Creature From Black Lake** (1976, PG) ★
1.45 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Captain Sean Dwyer and his crew prepare for their first crab season aboard the *Brenna A*. **8.00** A new generation of captains sets out to claim the treasures of the Bering Sea.
9.00 **My Feet Are Killing Me** A massive bubbly tumour has taken over a patient's left foot. **10.00** A woman has a growth that looks like burnt cauliflower.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **City Bakes**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Rick's French Odyssey**
10.00 **The Hairy Bikers**
11.00 **Great British Bake Off**
12.00 NOON **Summer Baking Championship**
1.00 PM **City Bakes**
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Rick's French Odyssey**
6.00 **The Hairy Bikers**
7.00 **Great British Bake Off**
9.00 **Secrets of the Pub Kitchen** New editions
10.00 **Secrets of the Curry Kitchen** Bengali food.
10.30 **Nadiya's Simple Spices**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 4/25. (S7)
9.00 **The Fall Guy** 2/23. (S2)
10.00 **Knight Rider** (S3)
11.00 **FILM Monster Hunters** Thriller. (2020, 15) ★
1.00 PM **FILM Western World** Western drama. (2017, 12, 78min) ★★
2.35 **FILM Monte Walsh** Western adventure. (2002, PG, 95min) ★★
5.00 **Star Trek** 20/26. (S2)
6.00 **Knight Rider** (S3)
7.00 **The Fall Guy** 3/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Welcome to the Punch** Crime thriller. (2013, 15, 98min) ★★★
11.00 **FILM The Courier** Thriller starring Olga Kurylenko. (2019, 18, 99min) ★
1.00 AM **FILM Universal Soldier: Regeneration** Sci-fi thriller sequel. (2009, 18, 97min) ★★★
2.55 **to 4.50** AM **FILM The Shed** Horror thriller. (2019, 15, 98min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Monster Island** As 5.00pm.
8.00 **FILM The Curse of the Werewolf** Horror chiller. (1961, 12, 92min) ★★★
10.00 **The Lost World** (S2)
11.00 **Jules Verne's Mysterious Island**
1.00 PM **FILM The Gambler** Musical drama. (1980, PG, 95min) ★★★
3.00 **The Lost World** (S2)
4.00 **The A-Team** 20/25. (S3)
5.00 **FILM Monster Island** Sci-fi thriller starring Eric Roberts and Toshi Toda. (2019, PG, 90min) ★★
7.00 **The Lost World** (S2)
8.00 **The A-Team** 21/25. (S3)
9.00 **FILM Shark** Thriller starring Burt Reynolds and Arthur Kennedy. (1969, 15, 88min) ★★
10.55 **FILM Buried** Thriller with Ryan Reynolds and Robert Paterson. (2010, 15, 94min) ★★★★
1.00 **to 3.00** AM **FILM Shark**
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Wolverhampton.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Curse of Skinwalker Ranch** Double bill.
10.00 **Cities of the Underworld**
11.00 **Sex: A Bonkers History**
12.00 M'T **Strangest Things**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In California.
12.00 NOON **Majorca: Jewel of the Med**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **The Good Ship Murder** 7/8. A killer strikes in Barcelona. (S1)
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Cruising with Susan Calman** The comedian concludes her epic trek to Antarctica.
10.00 **Holidaying with Jane McDonald** The singer explores Cyprus.
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald**
1.00 AM **22 Kids & Counting**
3.00 **Ben Fogle: New Lives in the Wild** In Uruguay.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Broadstairs.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Castle Impossible** New edition Daphne and Ian look to reinstate one of the original château bedrooms.
10.00 **Celebrity IOU** New edition Tony Hawk joins the team to carve out the ultimate workspace for his friend.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Extreme Sisters**
8.00 **My Big Fat Fabulous Life** On the cusp of turning 40, Whitney finds herself on the sidelines.
9.00 **Welcome to Plathville**
10.00 **Sister Wives**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Sister Wives**
3.00 **Sex Sent Me to the ER**
4.00 **My Big Fat Fabulous Life**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 10&11/22. (S6)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S1&2)
1.00 PM **Last Man Standing**
1.30 **Friends** (S9&10)
7.55 **Friends** 10/18. Phoebe and Rachel spot Chandler with a beautiful blonde. **8.25** 11/18. Guest stars Danny DeVito and Donny Osmond. (S10)
9.00 **Michael McIntyre: Showtime** Stand-up.
10.00 **Al Murray: One Man, One Guvnor Uncut**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **South Park**
1.30 AM **Beavis and Butt-Head** (S6)
2.20 **Harry Hill Live: Sausage Time**
3.20 **Henning Wehn: It'll All Come Out in the Wash**
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 9&10/14. (S5)
11.00 **Friends** 3-6/24. (S5)
1.00 PM **Impractical Jokers**
2.00 **Daria** 11&12/14. (S5)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S1&2)
9.00 **New Girl** 10&11/22. (S6)
10.00 **Friends** 22/24. Monica and Chandler meet a potential sperm donor. **10.30** 23&24/24. The gang visit Barbados. (S9)
11.30 **Friends** (S10,3&6)
1.35 AM **Reno 911!** (S6)
3.00 **The Ricky Gervais Show**
3.50 **Whose Line Is It Anyway? USA**
4.30 **Tom Allen Absolutely Live** Stand-up show.
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Celebrity Four Weddings** Reality series.
9.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Warehouse 13**
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 3/12. (S1)
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **Sick Note** 1&2/8. (S2)
10.00 **Stella** 1&2/10. (S4)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Joe Marler.
2.00 **We're Here**
3.10 **Duck Quacks Don't Echo** With Lorraine Kelly.
4.00 **Celebrity Four...**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
4.00 PM **Catfish: Scammed**
5.00 **Catfish: The TV Show**
7.00 **Celebs on the Farm**
8.00 **Teen Mom UK: Next Generation**
9.00 **Skin A&E** Documentary.
10.00 **Ink Master: OGs vs Young Guns** New edition The team dynamics are put to the test.
11.00 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche show bad manners when they keep 'fridge feasting'.
12.30 AM **Ridiculousness**
1.00 **True Life Crime UK**
2.25 **Ink Master**
3.10 **to 4.00** AM **True Love or True Lies?**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Marooned with Ed Stafford**
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Parker brings in his last gold from Australia Creek and focuses the team on finishing the Money Pit. **4.00** Rick bets his season on firing up Monster Red.
5.00 **Building Off the Grid** A creative family build a custom home in Colorado.
6.00 **Border Control: Spain**

11.00 Border Control: Poland

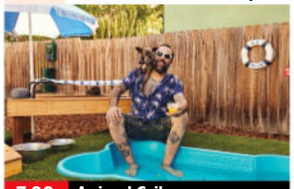
7.00 **Wheeler Dealers** Mike spots a bargain supercar – a Maserati 4200GT – for under £10,000.
8.00 **Outback Truckers** Steve Grahame conquers the Gibb River Road on a 600km venture to the very top of Australia.
9.00 **Alaska: Homestead Rescue** A widowed homesteader, realising she didn't learn the skills she needed before her husband's passing, is overwhelmed by her large family homestead.
11.00 **Border Control Poland** Security and customs services at the border of Poland.
12.00 M'T **Moonshiners**
1.00 AM **Alaska: Homestead Rescue** As 9.00pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that sprays all over the house. **4.00** A couple who moved to keep their cats apart.
5.00 **Lone Star Law** The wardens go on night patrol.
6.00 **Dr Jeff: Rocky Mountain Vet** The vet helps an injured tiger at a wild animal sanctuary.



7.00 Animal Cribs

7.00 **Animal Cribs** Antonio Ballatore and his team help a family who have opened their garden to the neighbourhood dogs.
8.00 **Expedition Bigfoot** With a team member down, Russell and Mireya must forge ahead to hunt down leads.
9.00 **Alaska: The Last Frontier** Eve experiences her first deer hunt on Afognak Island, and Atz gathers trees for a project.
10.00 **Alaskan Bush People** The Wolfpack seize an opportunity to stockpile meat with their first-ever buffalo hunt.
11.00 **Pit Bulls & Parolees** A dog is rescued from a drainpipe.
12.00 M'T **Crikey! It's the Irwins** Terri helps determine whether or not a rhino is pregnant.
1.00 AM **Expedition Bigfoot**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mutant Weather**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Ancient X Files**
2.00 PM **Apocalypse: Hitler Takes on the East** Double bill.
4.00 **Construction Fails** Tunnel cave-ins and a bridge collapse.
5.00 **Car S.O.S** Fuzz and Tim secretly restore a 1969 Lancia Fulvia 1.3 Rallye.
6.00 **World War II: Secrets from Above** Hitler launches a major attack against Stalin.

8.00 Car S.O.S

7.00 **Air Crash Investigation** Experts investigate what caused the explosion of Itavia Flight 870, which crashed in June 1980.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a Porsche 356 which is in the worst condition of any car featured on the series.
9.00 **Car S.O.S** Tim and Fuzz head to Derbyshire to get to grips with a 1971 Lamborghini Espada.
10.00 **Car S.O.S** Tim and Fuzz visit Hartlepool, where they hope to cheer up a car enthusiast by restoring his cherished campervan.
11.00 **Air Crash Investigation** A plane that burst into flames.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Dirty Old Cars**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **The Proof Is Out There**
1.00 PM **Holy Marvels with Dennis Quaid** Cursed objects.
2.00 **Mountain Men**
2.55 **Pawn Stars**
3.15 **Secrets in the Ice**
5.00 **What on Earth?**
6.00 **American Pickers** A collection of medical equipment is recovered.

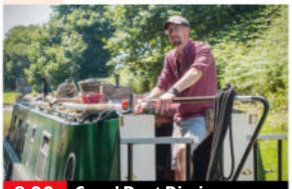
9.00 Killer Kings

7.00 **Forged in Fire** Four bladesmiths face double the trouble when they are tasked with forging two canister damascus knives.
8.00 **Secrets of Great British Castles** Dan Jones heads to the south-east of England to explore the history of Dover Castle.
9.00 **Killer Kings** New edition A look at the story of Emperor Nero, the Antichrist who killed Christians for fun.
10.00 **Discovered by Disaster** New edition Featuring ancient mammal footprints preserved by a Turkish volcanic eruption.
11.00 **What on Earth?** Ruins in Peru that suggest the Incas knew more than may be imagined.
12.00 M'T **Strange Evidence** A 42-foot spider's web capable of capturing a human.
12.55 AM **The Proof Is Out There**
1.50 **Killer Kings** As 9.00pm.
2.50 **Forged in Fire** As 7.00pm.
3.40 **Pawn Stars** A Baccarat bottle.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **WW2: Battles for Europe**
11.00 **Nazi Hunters** Documentary.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **WW2: Battles for Europe**
5.00 **Nazi Hunters** How Hitler's deputy Hermann Goering was captured by the Allies.
6.00 **Antiques Roadshow** Fiona Bruce and the experts visit Lulworth Castle in Dorset.



8.00 Canal Boat Diaries

7.00 **Great American Railroad Journeys** Michael Portillo explores the colonial past of Victoria, British Columbia.
8.00 **Canal Boat Diaries** Robbie Cumming gets stuck in the mud. **8.30** Robbie navigates the River Severn.
9.00 **Tropic of Capricorn** Simon Reeve continues his quest through Zimbabwe, Mozambique and Madagascar.
10.00 **Bangers & Cash** Derek's search for the unusual lands him a 1947 Lea Francis that is half made of wood.
11.00 **Bangers & Cash** Derek waxes lyrical about a pristine Jaguar XJ8 while a Ford Model T van tests his driving skills.
12.00 M'T **Abandoned Engineering** A strange-looking town with a supernatural atmosphere.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The team work on a beautifully decorated broken porcelain bowl.
8.00 **Shed and Buried**
9.00 **Wheeler Dealers World Tour** Mike and Elvis hit the beach for the ultimate surf wagon – the Holden Sandman.
10.00 **MotoGP Highlights** The Grand Prix of Germany.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Say Yes to the Dress**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Fred Talbot.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Murder Chose Me**
10.00 **American Detective with Lt Joe Kenda**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** George Jodoin.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A look at how weapons are the hallmark of violent crime.
8.00 **Britain's Countryside Killers** The tragic story of Sarah Williams.
9.00 **Murder Book** A truck driver is found murdered in his vehicle.
10.00 **It Takes a Killer** A genius doctor with a homicidal hobby gets away with murder. **10.30** Terror strikes as severed body parts show up across the English countryside.
11.00 **Murder by the Sea** The story of Irene Munro. **12.00** M'T The case of Gary Hampson.
1.00 AM **Murder Book**
2.00 **It Takes a Killer**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Four editions.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** Investigating the murder of a 13-year-old boy. **4.30** Navy lieutenant Lee Hartley is killed while deployed out to sea. **5.00** Discovering America's largest water-borne outbreak of gastrointestinal illness. **5.30** A building manager finds the lifeless body of a young woman in her apartment. **6.00** Forensic evidence betrays a serial killer. **6.30** A murder victim's final moments are caught on tape.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **The Force: Manchester**
9.00 **Stop, Search, Seize**
10.00 **Road Wars**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** True-crime.
1.00 PM **Britain's Most Evil Killers** Stephen Seddon.
2.00 **The Killer Within**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **The Killer Within**
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Full Steam Ahead**
9.30 **World of Stonehenge**
10.40 **The 100 Days That Defined Modern History**
11.45 **Village of Death: Oradour-sur-Glane 1944**
1.00 PM **Full Steam Ahead**
2.15 **World of Stonehenge**
3.20 **The 100 Days That Defined Modern History**
4.25 **Village of Death: Oradour-sur-Glane 1944**
5.35 **Grand Tours of the Scottish Islands**
6.15 **Full Steam Ahead**
7.30 **World of Stonehenge**
8.35 **The 100 Days That Defined Modern History**
9.35 **Village of Death: Oradour-sur-Glane 1944**
10.50 **The American Vice President** Exploring the passage of the 25th Amendment.
12.00 M'T **The 100 Days That Defined Modern History**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

MONDAY

Monday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Ben Kingsley**
8.00 **The Directors**
8.55 **The Vow** 5/9. Documentary.
10.00 **Last Call: When a Serial Killer Stalked Queer New York**
11.00 **Kingdom of Dreams**
12.00 NOON **FILM The Fog of War** Oscar-winning documentary. (2003, PG, 107min) ★★★
2.00 PM **At the Heart of Gold: Inside the USA Gymnastics Scandal** Documentary.
3.50 **My Icon: Kadeen Corbin**
4.00 **Discovering: Ben Kingsley**
5.00 **The Directors**
5.55 **The Vow** 6/9. Documentary.
7.00 **My Mom Jayne** Mariska Hargitay explores the life of her mother Jayne Mansfield.
9.00 **FILM Bobby** Documentary celebrating Bobby Moore. (2016, PG, 95min) ★★★★
11.00 **Bruno v Tyson**
12.50 AM **SIC: Prince of MotoGP**
2.35 **Lennox: The Untold Story**
4.30 **Chernobyl: My Promised Land**
5.00 **to 6.00** AM **Discovering: Ben Kingsley**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Africa's Underwater Wonders** Documentary.
7.00 **Monkey Life**
8.00 **Wildlife ER**
9.00 **Super Shark Highway**
10.00 **Living Beach**
11.00 **New Kids in the Wild**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Wildlife ER**
3.00 **Super Shark Highway**
4.00 **Living Beach**
5.00 **Gangs of Lemur Island**
6.00 **Hope for Wildlife: The Next Generation** New edition
7.00 **Monkey Life** Double bill.
8.00 **Predators**
9.00 **Wild Dogs: Pack Vs Pride**
10.00 **Hope for Wildlife: The Next Generation**
11.00 **Gangs of Lemur Island**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wildlife Icons**
2.00 **Predators**
3.00 **Wild Dogs: Pack Vs Pride**
4.00 **Wildlife ER**
5.00 **to 6.00** AM **Super Shark Highway**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **National Park Mysteries**
9.00 **Weird Britain**
10.00 **River Hunters**
11.00 **Ancient Aliens**
1.00 PM **National Park Mysteries**
2.00 **Swamp Mysteries with Troy Landry** Troy gets a call from a local rancher with a big problem.
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Shipwreck Treasure Hunter**
5.00 **UFO Hunters**
6.00 **Dirty Old Cars**
7.00 **What on Earth?**
8.00 **Auction Hunters** Allen Haff and Ton Jones endure a disappointing auction. **8.30** Allen and Ton receive a hostile reception in Florida.
9.00 **Historic Hauntings**
10.00 **Secrets of the Lost Ark**
11.00 **MonsterQuest**
12.00 M'T **Ancient Aliens**
2.00 AM **Strangest Things**
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Shipwreck Treasure Hunter**
5.00 **to 6.00** AM **UFO Hunters**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain with Dermot...**
3.00 **Murdertown**
4.00 **Cops Gone Bad with Will...**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic**
9.00 **Killer Britain with Dermot Murnaghan** New edition
10.00 **Faces of Evil**
11.00 **Cops Gone Bad with Will Mellor** Adam Provan.
12.00 M'T **Murder By Medic**
1.00 AM **Killer Britain with...**
2.00 **Faces of Evil**
3.00 **Last Night Out** New edition
4.00 **Killer Britain with Dermot...**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Monster Fish**
10.00 **Savage Kingdom**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Shark Below Zero**
3.00 **Heartland Docs**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **NEW Perfect Predator**
9.00 **When Sharks Attack and Why** New editions In 2016, New Caledonia sees an unprecedented five shark attacks. **9.30** Five shark attacks in Charleston, South Carolina.
10.00 **Alaska: The Next Generation** Snow, ice, and gale force winds take hold of the landscape.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** The SR-71 Blackbird, a plane capable of reaching an altitude of 80,000ft and speeds of more than Mach 3, while also being invisible to radar.
9.00 **Unexplained and Unexplored** Unravelling the mystery of the Mayan empire's fate.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
11.00 **Secret Army**
1.25 PM **Pickwick Papers**
2.00 **Oliver Twist**
2.35 **The Dick Emery Show**
4.35 **Secret Army**
7.05 **Pickwick Papers** 12/12. Mr Pickwick and Mrs Bardell are released from prison. (S1)
7.40 **Oliver Twist** 1/12. Adaptation of Charles Dickens' classic novel, starring Eric Porter and Ben Rodska. An unknown girl dies after giving birth to a son at a county workhouse. (S1)
8.20 **The Dick Emery Show** Triple bill featuring comic sketches.
10.20 **Secret Army** *Lost Sheep:* 7/16. The sole survivor of a plane crash receives shelter. (S1)
11.35 **Louis Theroux: Twilight of the Porn Stars** Louis revisits the male adult-film actors he met in Los Angeles in 1997.
12.35 AM **Secret Army**
1.50 **The Dick Emery Show**
3.40 **to 6.00** AM **Secret Army**

+1 hour 266 376

ID

154 141 166

8.00 AM **Evil Lives Here**
9.00 **Evil Lives Here: Shadows of Death** Double bill.
11.00 **Swamp Murders**
1.00 PM **Evil Online**
3.00 **Deadly Secrets**
5.00 **Betrayed**
7.00 **Truth About Murder with Sunny Hostin** Former prosecutor Sunny Hostin revisits the 2013 murder of 23-year-old Danielle Marshall. **8.00** The former prosecutor travels to the quiet coastal town of Milford, Connecticut, to revisit the murder of Kelsey Monahon, a 28-year-old pregnant woman.
9.00 **Faking It: Tears of a Crime** The crimes of Ian Stewart.
10.00 **American Monster** On the night of her son's wedding, a woman is found dead.
11.00 **People Magazine Investigates**
12.00 M'T **Murder Under the Friday Night Lights** Double bill.
2.00 AM **Betrayed** Double bill.
4.00 **to 6.00** AM **Truth About Murder with Sunny Hostin**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** Tommy works on a 1967 Chevy Corvette.
9.00 **Richard Hammond's Workshop** Richard opens a classic car restoration workshop.
10.00 **Texas Metal**
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

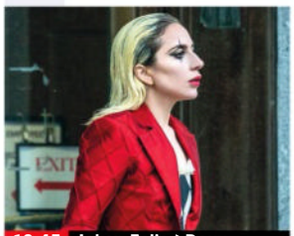
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Cinema List: The 90s**
6.25 **Piece By Piece** Animation. (2024, PG, 94min)
8.05 **Empire Waist** As 4.50am.
9.50 **Sew Torn** As 6.15pm.
11.35 **Wicked** As 8.00pm.
2.25 PM **Running on Empty**
4.00 **William Tell** Historical action drama starring Claes Bang. (2025, 15, 133min) ★★★
6.15 **Sew Torn** Comedy thriller starring Eve Connelly. (2024, 15, 100min) ★★★★



10.45 Joker: Folie à Deux

8.00 Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A green-skinned young woman named Elphaba forges an unlikely friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

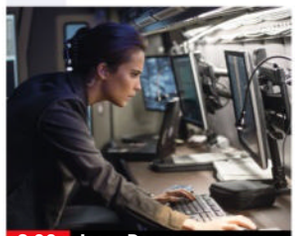
10.45 Joker: Folie à Deux Musical thriller starring Joaquin Phoenix and Lady Gaga. (2024, 15, 138min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **Running on Empty** Comedy starring Keir Gilchrist. (2024, 15, 91min) ★★★
2.45 **Salem's Lot** Horror thriller starring Lewis Pullman. (2024, 15, 109min) ★★★
4.50 **to 6.35** AM **Empire Waist** Teen comedy drama. (2024, 12, 94min) ★★★

Sky Cinema Hits

303 303 403 503 517

6.35 AM **The Mechanic** As 2.15am.
8.20 **Promising Young Woman** Thriller with Carey Mulligan. (2020, 15, 113min) ★★★★
10.25 **Parenthood** As 4.00am.
12.40 PM **William Tell** Historical drama starring Claes Bang. (2025, 15, 133min) ★★★
3.00 **The Mummy Returns** Action adventure sequel. (2001, 12, 129min) ★★★★
5.15 **Wicked** Musical fantasy. (2024, PG, 165min) ★★★★



8.00 Jason Bourne

8.00 Jason Bourne Action thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Julia Stiles. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Twisters Disaster drama sequel starring Daisy Edgar-Jones and Glen Powell. A meteorologist crosses paths with a storm-chasing social media star in Oklahoma. (2024, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★
2.15 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
4.00 **to 6.10** AM **Parenthood** Comedy drama starring Steve Martin and Mary Steenburgen. (1989, 15, 124min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.55 AM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★
9.10 **The Great Escape** Classic adventure with Steve McQueen. (1963, PG, 166min) ★★★★★
12.05 PM **Aisha** Drama starring Letitia Wright and Josh O'Connor. (2022, 12, 94min) ★★★★
1.45 **Beach Rats** As 10.10pm.
3.30 **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★

6.10 **Dunkirk** Christopher Nolan's World War drama with Kenneth Branagh and Tom Hardy. (2017, 12, 106min) ★★★★★
8.00 **Ghost** Fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg. (1990, 12, 127min) ★★★★
10.10 **Beach Rats** Drama starring Harris Dickinson and Kate Hodge. (2017, 15, 98min) ★★★

11.55 **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★
1.30 AM **Paper Moon** Comedy. (1973, b/w, PG, 100min) ★★★★
3.20 **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★
4.45 **to 6.25** AM **Cicada** Drama. (2020, 15, 96min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.05 AM **I.S.S** As 12.35am.
7.45 **Timestalker** As 2.15am.
9.25 **A.I. Artificial Intelligence**
11.55 **There's Something in the Barn** Horror comedy starring Martin Starr. (2023, 15, 100min) ★★
1.45 PM **Dorian Gray** As 3.55am.
3.40 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
5.30 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★

8.00 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy starring Haley Joel Osment as a robot child who goes on a quest to become a real boy and win his human mother's love. (2001, 12, 145min) ★★★★
10.35 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale and Sam Worthington. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★

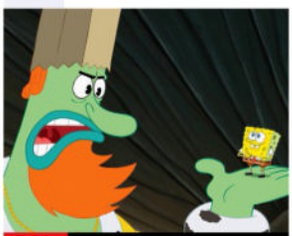
12.35 AM **I.S.S** Sci-fi drama. (2023, 15, 95min) ★★★
2.15 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
3.55 **to 6.00** AM **Dorian Gray** Gothic horror drama starring Ben Barnes and Colin Firth. (2009, 15, 112min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.50 AM **Ella Enchanted** Fantasy. (2004, PG, 96min) ★★★
8.35 **Peter Pan** As 9.10pm.
10.30 **Hook** Fantasy. (1991, U) ★★★
12.55 PM **Peter Rabbit 2: The Runaway** Fantasy adventure sequel. (2021, U, 93min) ★★★
2.35 **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
4.00 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
5.45 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★



7.30 The SpongeBob...

7.30 The SpongeBob SquarePants Movie Animation based on the cult TV series. (2004, U, 87min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 Peter Pan Adventure based on JM Barrie's classic play, starring Jeremy Sumpter and Rachel Hurd-Wood. The Darling children leave their bedroom to fly to Neverland with Peter Pan. With Jason Isaacs. (2003, PG, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The Tiger Rising** Family drama starring Dennis Quaid. (2022, PG, 102min) ★★★
1.00 AM **Daddy Day Camp** Comedy sequel starring Cuba Gooding Jr. (2007, PG, 88min) ★★
2.40 **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★
4.25 **Friend or Foe** Family drama. (1981, U, 70min) ★★★
5.45 **to 7.30** AM **Paul Blart: Mall Cop 2** Comedy. sequel (2015, PG, 92min) ★★

Sky Cinema Action

307 307 407 507 521

6.00 AM **Police Story 3: Supercop**
7.45 **King of Killers** (2023, 15) ★
9.25 **The Canton Godfather** Action comedy. (1989, PG) ★★★
11.45 **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★★
1.40 PM **Mad Max: Fury Road** Thriller. (2015, 15) ★★★★★
3.50 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
5.55 **Twister** Disaster drama. (1996, PG, 114min) ★★★

5.55 Twister

8.00 The Italian Job Thriller inspired by the classic 1960s caper film, starring Mark Wahlberg. A gang of thieves seek revenge against a former comrade after being double-crossed out of the proceeds of a gold bullion heist. (2003, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Django Unchained Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Killer** Crime thriller starring Nathalie Emmanuel. (2024, 15, 125min) ★★★★
3.00 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
4.40 **Sky Cinema Preview**
5.40 **to 7.20** AM **Police Story 3: Supercop** Action thriller sequel. (1992, 15, 91min) ★★

Sky Cinema Buddy Films

308 308 408 508 522

6.20 AM **Don't Tell Mom the...**
8.00 **Fords on Water** As 2.45pm.
9.30 **The Buddy Games** (2019)
11.20 **Drive-Away Dolls** Comedy. (2023, 15, 84min) ★★★
1.00 PM **Don't Tell Mom the Babysitter's Dead** Comedy remake. (2024, 15) ★★★
2.45 **Fords on Water** Comedy. (1983, 15, 83min) ★★★
4.15 **The Longest Yard** Comedy remake. (2005, 12, 113min) ★★
6.10 **Mean Girls** (2004, 12) ★★★★

6.10 Mean Girls

8.00 Mean Girls Musical adaptation of the cult classic starring Angourie Rice. Teenager Cady Heron is a hit with a school clique when she makes the mistake of falling for Aaron Samuels. (2023, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Knocked Up Romantic comedy starring Seth Rogen and Katherine Heigl. An unemployed slacker gets a gorgeous TV reporter pregnant after a drunken one-night stand. With Paul Rudd and Leslie Mann. (2007, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Buddy Games** Comedy directed by and starring Josh Duhamel. (2019, 15, 90min) ★
1.45 **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
3.45 **The Longest Yard** As 4.15pm.
5.40 **to 7.10** AM **Drive-Away Dolls**

Sky Cinema Thriller

309 309 409 509 523

6.35 AM **A Place Called Silence**
8.40 **A Sacrifice** As 6.20pm.
10.20 **Cult Killer** As 2.25am.
12.10 PM **Ocean's Twelve** Thriller. (2004, 12, 125min) ★★★★
2.20 **RocknRolla** Guy Ritchie's crime comedy thriller. (2008, 15, 110min) ★★
4.15 **Hotel Mumbai** Fact-based thriller starring Dev Patel. (2018, 15, 123min) ★★★★
6.20 **A Sacrifice** Drama starring Eric Bana. (2024, 15, 94min) ★★★

10.15 Dirty Harry

8.00 Ocean's Thirteen Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. Charismatic thief Danny Ocean and his hand-picked gang of crooks plot an elaborate revenge against a megalomaniac casino owner. (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Dirty Harry Police thriller starring Clint Eastwood. Maverick San Francisco cop Harry Callahan pursues a psychotic sniper. With Harry Guardino. (1971, 15, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **A Place Called Silence** Chinese thriller. Subtitled. (2024, 15, 119min) ★★★
2.25 **Cult Killer** Crime thriller. (2024, 15, 105min) ★★★
4.25 **to 6.25** AM **Along Came a Spider** Crime thriller. (2001, 15, 103min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Man Between** Thriller. (1953, b/w, U, 100min) ★★★
1.05 PM **The Moonraker** Swashbuckling adventure. (1957, U, 82min) ★★★
2.45 **Ten Tall Men** Adventure. (1951, U, 97min) ★★★
4.40 **Anzio** World War Two drama. (1967, PG, 117min) ★★★
7.00 **Dog** Comedy co-directed by and starring Channing Tatum. (2022, 12, 101min) ★★★

9.00 Plane

Dog (film started at 7.00pm) 8 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Plane Action thriller starring Gerard Butler and Mike Colter. A pilot is forced to ally with a murder suspect when their plane goes down in hostile land. With Yoson An and Tony Goldwyn. (2023, 15, 107min) ★★★ 9 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Mission: Impossible – Ghost Protocol** Action spy thriller starring Tom Cruise and Jeremy Renner. Super spy Ethan Hunt and his team strive to stop a rogue Russian scientist from provoking a global nuclear war. (2011, 12, 133min) ★★★★ 10 PM
1.50 **to 4.00** AM **Brick Lane** Drama starring Tannishtha Chatterjee. (2007, 15, 97min) ★★★

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.00 AM **Escape from the 21st Century** Chinese fantasy. Subtitled. (2024, 15) ★★★
7.50 **The 4:30 Movie** As 3.25am.
9.25 **Parachute** As 1.35am.
11.15 **Home Delivery** Comedy. (2023, 15, 86min) ★★★
1.00 PM **The Killer** Action thriller. (2024, 15, 125min) ★★★★
3.10 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★

4.55 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★
8.00 **The Last Stop in Yuma County** Crime thriller starring Jim Cummings. While stuck at an Arizona rest stop, a salesman is thrust into a hostage situation by the arrival of two bank robbers. (2023, 15, 90min) ★★★★
9.40 **Get Away** Horror comedy written by and starring Nick Frost, with Aisling Bea and Sebastian Croft. (2024, 15, 100min) ★★★★

11.10 **Anora** Comedy drama. (2024, 18, 139min) ★★★★★
1.35 AM **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
3.25 **The 4:30 Movie** Comedy. (2024, 15, 88min) ★★★
5.00 **to 6.35** AM **Poison** Drama. (2024, PG, 86min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.35 AM **Burning an Illusion** (1981)
8.25 **Babylon** As shown at 4.35pm.
10.15 **Quadrophenia** As 2.35am.
12.20 PM **The Day of the Jackal**
2.45 **Burning an Illusion** Drama. (1981, 15, 103min) ★★★
4.35 **Babylon** British drama. (1980, 15, 94min) ★★★
6.15 **Hudson Hawk** Anarchic action comedy starring Bruce Willis. (1991, 15, 97min) ★★★

8.00 **Enter the Dragon** Action thriller starring Bruce Lee as an undercover agent who infiltrates a martial arts competition on an island fortress. With John Saxon. (1973, 18, 97min) ★★★★
9.45 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. With Alan Rickman and Morgan Freeman. (1991, PG, 138min) ★★

12.10 AM **The Day of the Jackal** Thriller based on Frederick Forsyth's novel, starring Edward Fox. (1973, 15, 142min) ★★★★★
2.35 **Quadrophenia** Cult teen drama. (1979, 15, 115min) ★★★★
4.35 **to 6.45** AM **True Grit** Western. (1969, PG, 128min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage...**
7.40 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
9.30 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
11.05 **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
12.45 PM **Trolls** Animated musical. (2016, U, 92min) ★★★

2.25 **Two by Two** (2015, U) ★★
4.00 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
5.30 **Antz** Animated comedy. (1998, PG, 83min) ★★★
7.00 **The Pirates! In an Adventure with Scientists** Comedy. (2012, U, 87min) ★★★★
8.35 **Open Season** Animation. (2006, PG, 86min) ★★★★
10.10 **Lego DC Comics Super Heroes: The Flash** (2018, U) ★★★
11.35 **The Swan Princess: The Secret of the Castle** (1997, U) ★★

12.55 AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★
2.20 **Scarygirl** (2023, PG) ★★★
3.55 **Rebellious** (2024, PG) ★★★
5.40 **to 7.15** AM **Rock Dog 3: Battle the Beat** As 11.05am.

Movies 24

312 313 419

7.00 AM **Christmas Angel** Comedy. (2009, PG, 87min) ★★★
9.00 **Making Spirits Bright** Festive drama. (2021, PG, 84min) ★★
11.00 **A Tale of Two Christmases** Comedy. (2022, PG, 84min) ★★
1.00 PM **The Mistletoe Secret** Romantic drama starring Kellie Pickler. (2019, PG, 83min) ★★
3.00 **Deck the Walls** Festive drama. (2024, PG, 90min) ★★

5.00 **Boyfriends of Christmas Past** Festive romantic drama. (2021, PG, 84min) ★★
7.00 **Holiday Crashers** Comedy with Lyndsy Fonseca and Daniella Monet. (2024, PG, 90min) ★★
9.00 **Ghosts of Christmas Always** Festive fantasy comedy starring Kim Matula and Ian Harding. A festive ghost is assigned to help a man rediscover his Christmas spirit, but things do not go according to plan. (2022, PG, 90min) ★★

11.00 **The Christmas Quest** Adventure. (2024, PG, 90min) ★★
1.00 AM **A Maple Valley Christmas** Drama. (2022, PG, 85min) ★★
3.00 **to 5.00** AM **The Gift of Peace** Drama. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 1/38. (S1)
6.35 **Hyde Park Corner** Comedy. (1935, b/w, PG, 85min) ★★★
8.15 **Faces in the Dark** Thriller. (1960, b/w, PG, 85min) ★★★
9.55 **Final Appointment** Melodrama. (1954, b/w, U, 90min) ★★
11.15 **Rogue's Yarn** Murder mystery. (1957, b/w, PG, 77min) ★★
12.50 PM **Two Wives at One Wedding** Drama. (1961, b/w, U, 66min) ★★

2.10 **The Undefeated** Western. (1969, PG, 120min) ★★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 22/39. (S1)
5.30 **Bonanza** 23/32. (S1)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 3/13. (S7)
9.05 **Sapphire** Mystery starring Nigel Patrick. (1959, 15, 92min) ★★★
10.50 **Castaway** Nicolas Roeg's adaptation of Lucy Irvine's book, with Oliver Reed and Amanda Donohoe. (1986, 15, 118min) ★★

1.10 AM **Black Tuesday** Drama. (1955, b/w, 18, 80min) ★★★
2.50 **Boy Who Caught a Crook** Crime drama starring Wanda Hendrix. (1961, b/w, U, 72min) ★★★
4.20 **It Rained Three Times Last Year**
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans** News and views on today's early stories, a look at the back pages, a tip on today's racing and a sporting weather forecast.
10.00 **Sky Sports News**
10.15 **LIVE Test Cricket England v India.** Coverage of the fifth and final day of the third Test in the five-match series staged at Lord's in London. The last time these two teams met at this venue was back in August 2021, in a match that saw the visitors come away with a 151-run victory in the second Test. England were bowled out for just 120 in their chase of 272 to win, as India took a 1-0 lead in the five-match series.
7.00 PM **Sky Sports News** Round-up of the day's main sports news, with live analysis and expert comment, plus up-to-the-minute updates from sporting events taking place across the globe.
10.30 **Back Pages Tonight** A discussion on the sports headlines in tomorrow's papers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **PL Retro** A replay of Wigan Athletic v Arsenal from 2010.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Action from Bournemouth v Wolverhampton Wanderers.
5.30 Brentford v Bournemouth.
6.00 Highlights from Brentford v Brighton & Hove Albion.
6.30 Brentford v Ipswich Town.
7.00 Brentford v Leicester City.
7.30 Brentford v Liverpool.
8.00 **Gary Neville's Soccerbox** An interview with Ashley Cole.
8.30 Jimmy Floyd Hasselbaink.
9.00 **The Fall and Rise of Leeds United** A look at the relegations, points deductions and heartbreak suffered by the football club.
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **There's Only One Sauzee**
8.30 **Dundee United: Champions 83**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy** Action from Bolton Wanderers v Plymouth Argyle.
12.00 NOON **Championship Retro**
2.45 PM **EFL Greatest Games**
4.00 **EFL Cup Retro** Manchester City v Sunderland in the 2014 final.
5.00 **Craig Brown: My Scotland**
5.30 **Jimmy Glass: The Great Escape**
6.00 **Championship Retro**
8.00 **Best Moments from the Championship Play-Off Final**
8.30 **Best Moments from the League 1 & 2 Play-Off Final**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Highlights from Chelsea v Tottenham Hotspur in the 2015 final held at Wembley.
11.00 **There's Only One Sauzee**
11.30 **Dundee United: Champions 83**
12.00 M'T **EFL** Action from two Championship play-off finals.
3.00 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.30 **The Film Room: England v India**
8.00 **Test Cricket** England v India.
10.00 **Test Cricket Bitesize**
10.15 **LIVE Test Cricket England v India.** The fifth and final day of the third Test from Lord's. The last time these two teams met at this venue was back in August 2021, in a match that saw the visitors come away with a 151-run victory in the second Test. England were bowled out for just 120 in their chase of 272 to win, as India took a 1-0 lead in the five-match series.
7.00 PM **Ashes Greats** Player profiles.
7.30 **Best of England v India**
8.00 **Test Cricket** England v India.
9.00 **Best of England v India**
11.00 **Test Cricket Bitesize**
11.15 **Best of England v India**
11.45 **Test Cricket Bitesize**
12.00 M'T **Best of ICC WT20**
12.15 AM **Test Cricket Bitesize**
12.30 **Best of England v India**
2.00 **Test Cricket** England v India.
3.00 **Best of England v Windies**
3.30 **Best of England v India**
4.00 **Test Cricket** Recent action.
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **The Open – Official Films**
9.00 **LIVE The Open** Coverage from the practice range staged at Royal Portrush ahead of the Major.
12.00 NOON **Golf's Greatest Holes**
2.00 PM **LIVE The Open** Coverage of practice sessions at Royal Portrush.
6.00 **Underdogs: The Untold Story** The 2009 Open Championship.
7.00 **The Open** Action from the practice range at Royal Portrush.
11.00 **PGA Tour Golf** Highlights from the Isco Championship.
12.00 M'T **DP World Tour Golf**
12.30 AM **Chronicles of a Champion Golfer** A profile of Ernie Els.
1.00 **Golf's Greatest Holes**
2.00 **to 6.00** AM **The Open Films**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **ATP Tour This Week**
6.30 **ATP Tennis** Swiss Open Gstaad.
7.30 The 2024 Swedish Open.
8.30 **WTA Tennis** Iasi Open final.
9.30 **LIVE ATP Tennis** Coverage of day one of the ATP Swiss Open Gstaad at Roy Emerson Arena.
12.30 PM **LIVE WTA & ATP Tennis** Coverage of the latest events, including the ATP Los Cabos Open and WTA Hamburg Open.
7.30 **ATP Tour This Week**
8.00 **WTA Tennis** Indian Wells Open.
8.30 **ATP Tennis** Indian Wells Open.
9.30 **WTA Tennis** Bad Homburg Open.
10.30 **ATP Tour This Week**
11.00 **ATP Tennis** Geneva Open final.
12.00 M'T **ATP Sizzle Reel 2024**
12.15 AM **WTA Sizzle Reel 2024**
12.30 **2024 Best of Jack Draper**
12.45 **Bitesize Tennis** Highlights.
1.00 **WTA Tennis** Adelaide International.
2.00 **to 6.00** AM **LIVE ATP Tennis** Day one of the Los Cabos Open at Cabo Sports Complex in Mexico.

TNT Sports 1

410 413 521 408 430

6.00 AM **Wimbledon** Days 13 and 14.
9.00 **Test Cricket Highlights**
10.00 **Cycling: Women's Giro d'Italia**
11.00 **Cycling: Tour de France**
12.00 NOON **LIVE Cycling: Tour de France** Coverage from the 10th stage, a 165.3km route from Ennezat to Mont-Dore. This stage last year saw the riders compete in a 187.3km flat-stage ride from Orléans to Saint-Amand-Montrond in central France, and was won by Jasper Philipsen.
5.00 PM **Race Bikes** Steve Peat.
5.30 **IFSC Climbing World Cup Highlights** Chamonix, France.
6.30 **Superbike World Championship Highlights**
7.30 **LIVE British Speedway Sheffield Tigers v Oxford Spires.** The eighth round of the season at Owlerton Stadium.
10.00 **True Grit** Speedway levels.
11.00 **MLB** Home Run Derby.
1.00 AM **LIVE MLB** Coverage of the Home Run Derby staged at Truist Park in Atlanta, Georgia.
3.00 **MLB Plays of the Week**
3.30 **MLB Classic** World Series.
5.00 **to 6.00** AM **IFSC Climbing World Cup Highlights**

TNT Sports 2

411 414 522 409 431

6.00 AM **Tour de France Highlights** The ninth stage of the race.
7.00 **MotoGP** Highlights from races at the Grand Prix of Germany.
10.30 **MotoGP Chequered Flag**
11.30 **T20 Cricket Highlights** Sri Lanka v Bangladesh in the first T20 in the three-match series.
12.30 PM Action from Sri Lanka v Bangladesh in the second T20 in the three-match series.
1.30 PM **Sign Up – Into Football**
2.30 **WNBA** Highlights from Chicago Sky v Minnesota Lynx.
3.30 Indiana Fever v Dallas Wings.
4.30 **Packer: The Man Who Changed Cricket** The influence Australian media mogul Kerry Packer had on the game.
6.00 **TNT Sports Cricket Reload**
6.15 **Test Cricket Highlights** Action from West Indies v Australia.
7.15 **LIVE Test Cricket West Indies v Australia.** The third day of the third and final Test in the series staged at Sabina Park in Kingston.
3.30 AM **TNT Sports Cricket Reload**
3.45 **UFC Reloaded** Anderson Silva v Michael Bisping from 2016.
5.30 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **The Rugby Championship**
8.00 **Women's World Matchplay Darts** The 2021 final.
10.00 **Lions Legends** Profiles.
11.30 **My Icon** Sporting influences.
12.00 NOON **World Matchplay Darts** Action from the 2021 final.
2.00 PM **British and Irish Lions Tour** Western Force v British & Irish Lions at Optus Stadium.
3.00 **British and Irish Lions Tour** New Zealand v British & Irish Lions in the first Test from 2005.
4.00 New Zealand v British & Irish Lions in the second Test in 2005.
5.45 New Zealand v British & Irish Lions in the third Test in 2005.
6.45 **Lions Legends** Mervyn Davies.
7.00 **British and Irish Lions Tour** South Africa v British & Irish Lions in the first Test from 2009.
9.00 **Between Two Posts** Review of recent rugby union matches.
10.00 **British and Irish Lions Tour** South Africa v British & Irish Lions in the second Test from 2009.
12.00 M'T South Africa v British & Irish Lions in the third Test at Coca-Cola Park from 2009.
1.30 AM **British and Irish Lions: Lions Uncovered**
4.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL** Highlights of Sheffield United v Sunderland in the Championship play-off final.
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
12.30 PM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the ATP Los Cabos Open at Cabo Sports Complex in Mexico, ATP Swedish Open at Båstad Tennis Stadium, ATP Swiss Open Gstaad at Roy Emerson Arena, WTA Iasi Open from Baza Sportiva Ciric, and WTA Hamburg Open staged at Am Rothenbaum.
7.30 **Sky Sports News** A round-up of the day's main sports headlines, with live analysis and comment, plus extended interviews.
10.30 **Back Pages Tonight** A preview and discussion of the sports headlines in tomorrow's papers.
11.00 **Sky Sports News**
12.00 M'T **Women's Super League** Leeds Rhinos v St Helens.
2.30 AM **Super League** A replay of Leeds Rhinos v St Helens.
5.15 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 510 429 449

6.00 AM **LPGA Tour Golf** The fourth day of the Evian Championship.
12.00 NOON **DP World Tour Golf** Day four of the Scottish Open.
5.30 PM **Formula 1** Miami Grand Prix.
6.30 Emilia Romagna Grand Prix.
7.30 **Test Cricket** England v India: Highlights from days one to three in the third Test staged at Lord's.
10.30 **Golf's Greatest Holes**
11.00 **DP World Tour Golf**
11.30 **LPGA Tour Golf** Highlights.
12.30 AM **PL Greatest Games**
1.00 **ATP Tennis** Finals from 2024.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **The Open Films**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** Newcastle United v West Ham United.
7.30 A chance to see West Ham United v Tottenham Hotspur.
9.00 A replay of Newcastle United v Everton from 2023.
10.30 Another chance to see Nottingham Forest v Fulham.
12.00 NOON **Premier League** Manchester City v Aston Villa.
1.30 PM A replay of Arsenal v Luton Town at Emirates Stadium.
3.00 A chance to see Brentford v Brighton & Hove Albion.
4.30 A chance to see Chelsea v Manchester United from 2023.
6.00 **LIVE Ultimate Pool** Coverage of Group Seven of the Pairs Cup.
9.30 **Tom Aspinall's Fight Lab**
10.00 **Fight Week** UFC 318 preview.
10.45 **UFC** Lewis v Teixeira replay.
1.45 AM **Tom Aspinall's Fight Lab**
2.15 **Fight Week** UFC 318 preview.
3.00 **Tour de France Highlights**
4.00 **to 6.00** AM **Formula E**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Replays of matches in the Australian Football League.
12.00 NOON **Superbike World Championship** Round seven.
1.30 PM **MLB Highlights**
2.30 **MLB Plays of the Week**
3.00 **UCI Mountain Bike World Series Women** Highlights.
4.30 **The WRC Magazine**
5.00 **Formula E** Highlights from race one at the Berlin ePrix.
6.00 Berlin ePrix second race.
7.00 **FIA World Endurance Championship Highlights** The Six Hours of Sao Paulo.
8.00 **The Gruppetto** Cycling action.
8.15 **Cylcing: Tour de France**
9.15 **Fishing: On the Bank**
10.15 **Wimbledon** Day 14 highlights.
11.45 **The WRC Magazine**
12.15 AM **T20 Cricket Highlights**
1.15 **The Gruppetto** Cycling action.
1.30 **MotoGP** Grand Prix of Germany.
5.00 **to 6.00** AM **MotoGP Chequered Flag**

Premier Sports 1

419 551

6.00 AM **Ultimate Karting Championship** Recent action.
9.00 **PSA Squash Highlights**
10.00 **Trail Menorca** Highlights.
10.30 **DTM Highlights** In Norisring.
11.30 **UK Independent Kart Racing**
1.00 PM **Transworld Sport** Magazine.
2.00 **LaLiga Specials**
3.00 **FIM Sidecarcross**
4.00 **British Minibikes**
5.00 **Motorsport** Killarney Rally.
6.00 **Viva LaLiga** News and action.
7.30 **LaLiga Specials** A look at the team of the season for 2023/24.
8.00 **Transworld Sport** Magazine.
9.00 **UK Independent Kart Racing** The fifth round of the season.
10.30 **DTM Highlights** In Norisring.
11.30 **PSA Squash Highlights**
12.30 AM **FIM Sidecarcross**
1.30 **Trail Menorca** Recent action.
2.00 **British Minibikes** Round three.
3.00 **Euro Le Mans Highlights**
4.00 **LaLiga Specials**
5.00 **to 6.00** AM **Transworld Sport**

Premier Sports 2

420 552

6.00 AM **NASCAR** Highlights.
10.00 **Bike World** Magazine.
10.30 **GP Confidential**
11.00 **Major League Cricket** Action from the final of the competition.
3.30 PM **CONCACAF Gold Cup** Another chance to see Panama v Honduras in the first quarter-final.
5.45 **LaLiga Specials** Featuring a look at the best goalkeepers from the 2024/25 season.
6.00 **NASCAR** The Toyota/Save Mart 350 from Sonoma Raceway.
10.00 **Bike World** Magazine.
10.30 **FastZone** Motorsports highlights.
11.00 **Football's Greatest** Legendary players discuss their careers.
12.00 M'T **German Cup** Another chance to see Arminia Bielefeld v VfB Stuttgart in the final.
2.00 AM **LaLiga Specials**
3.00 **CONCACAF Gold Cup** Another chance to see Panama v Honduras in the first quarter-final.
5.15 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Ted's Notebook**
6.30 **Formula 1** Action from the British Grand Prix at Silverstone.
7.30 **Ted's Notebook** Ted Kravitz's thoughts on the British Grand Prix.
8.00 **Indy NXT** Acton from the Grand Prix at Road America in Iowa.
9.00 **Indycar** The Synk 275.
11.00 **Indycar** Action from the Farm to Finish 275 at Iowa Speedway.
1.30 PM **British GT Championship** The sixth round at Snetterton.
3.00 **British GT Championship** Round seven from Snetterton.
4.35 **Indy NXT** Action from the Grand Prix at Road America in Iowa.
5.35 **Indycar** The Synk 275.
7.35 **Indycar** Highlights from the Farm to Finish 275 at Iowa Speedway.
10.05 **British GT Championship** The sixth round of the season.
11.35 **British GT Championship** Round seven from Snetterton.
1.10 AM **Formula 1** Race highlights.
1.30 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

15 July

Evening Planner

Documentary

Coastal Adventures with Helen, Jules & JB

5, 8pm

JB Gill, Helen Skelton and Jules Hudson explore the coastline of Great Britain.

Reality

The Great British Sewing Bee

BBC1, 9pm

Sara Pascoe (left) is back to present the 11th series of the sewing challenge.

Drama

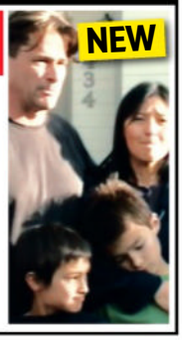
Mix Tape

BBC2, 9pm (box set, BBC iPlayer)

Teresa Palmer and Jim Sturgess star as teenage sweethearts who reconnect, in this drama that spans two decades.

OnDemand

NETFLIX



Trainwreck: Balloon Boy

Available today

Looking at how a fake emergency involving a six-year-old boy had America glued to their screens.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives... †	7.30 EastEnders		8.30 Garden Rescue	9.00 The Great British Sewing Bee		10.00 News; Local News	
	102 BBC2	7.00 The Hairy Bikers Go West		8.00 Earth's Great Rivers II		9.00 Mix Tape		10.00 QI	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Midsomer Murders				10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 The Couple Next Door		10.00 In the Footsteps of Killers	
	105 5	7.00 Cornwall: A Year by the Sea		8.00 Coastal Adventures with Helen, Jules...		9.00 Insomnia		10.00 Ben Fogle: New Lives in the Wild	
	106 SKY SHOWCASE	‹ 6.55 The Office (US)		8.00 A League of Their Own		9.00 Film: Ocean's Eleven			
ENTERTAINMENT	115 BBC3	7.00 Deadly Predators		8.00 Top Gear		9.00 Film: Ben Is Back			10.35 High...
	116 BBC4	7.00 A Summer...	7.30 Canal Boat...	8.00 The Good Life	8.30 Yes, Minister	9.00 The First Georgians: The German...		10.00 The Death of Yugoslavia	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Transaction	10.35 Family Guy
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 24 Hours In Police Custody: Breakout		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 The Rookie		10.00 The Cleaning Lady	
	108 SKY ATLANTIC	‹ 6.50 Westworld		7.55 Game of Thrones		9.00 Gomorrah			
	110 U&GOLD	‹ 6.40 Are...	7.20 Dad's Army	8.00 Open All Hours	8.40 Not Going Out	9.20 The Vicar of Dibley		10.00 The Royle Family	10.35 Neil &...
	111 U&DAVE	7.00 Would I Lie to You?...		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Agatha Christie's Poirot				10.00 Foyle's War	
	120 ITV4	7.00 Tour de France Highlights		8.00 World Superbike Highlights		9.00 Film: London Has Fallen			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Men in Black			
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 From the Earth to the Moon		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 A League of Their Own		9.00 The Walking Dead: Dead City		10.00 Never Mind the Buzzcocks	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Beyond Paradise		9.00 My Life Is Murder		10.00 Father Brown	
	130 SKY ARTS	7.00 Opry Live		8.00 The Michelangelo Code: Secrets of the Sistine Chapel				10.10 The Life and Deaths of...	
	132 U&W	7.00 The Shift: Women on the Force		8.00 DIY SOS: The Big Build		9.00 First Responders		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Gold Rush: White Water		10.00 Gold Rush: Mine Rescue with Freddy...	
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Gallipoli's Deep Secrets		9.00 Drain the Oceans		10.00 Lost Ships of WW2	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 Secrets Declassified with David...		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Classic Car Kings		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Natalie Wood: What Remains Behind				9.00 Elizabeth Taylor: The Lost Tapes			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.40 Joker: Folie à Deux		8.00 Wicked					
	302 2025 RECAP	‹ 5.10 Wicked		8.00 Your Monster			9.45 Anora		
	303 HITS	‹ 5.55 Twisters		8.00 It				10.15 Beetlejuice Beetlejuice	
	304 GREATS	‹ 6.00 Shane		8.00 Congo			9.50 The Bridge on the River Kwai		
	305 ANIMATION	7.00 The Emoji Movie			8.35 Rango				10.30 Scarygirl
	306 FAMILY		7.05 Stuart Little		8.40 Stuart Little 2			10.05 The Karate Kid	
	307 ACTION	‹ 6.20 Hancock		8.00 Fast & Furious 7					10.25 Twister
	308 BUDDY FILMS	‹ 6.30 Ace Ventura Pet Detective		8.00 Ace Ventura: When Nature Calls			9.45 The Truman Show		
	309 THRILLER	‹ 6.15 Unhinged		8.00 Split				10.05 Mona Lisa and the Blood Moon	
	310 DRAMA	‹ 6.35 The Man with the Answers		8.00 Lost in Translation			9.50 Parachute		
	311 SCI-FI	‹ 5.55 The Ring Two		8.00 Stargate				10.10 The Meg	
	313 FILM4	‹ 6.50 One Day				9.00 Mission: Impossible – Rogue Nation			
SPORT	401 MAIN EVENT	‹ 6.30 Vitality T20 Blast Cricket – Live: Durham v Leicestershire Foxes						10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 Newcastle...	9.30 Sticker Book	10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Championship Retro		8.00 EFL Greatest Games				10.00 EFL Cup Final 16	
	404 CRICKET	‹ 6.25 Vitality T20 Blast Cricket – Live: Durham v Leicestershire Foxes					9.45 Ashes Greats	10.15 Best of England v India	
	410 TNT SPORTS 1	7.00 Wimbledon						10.00 Tom Aspinall's...	10.30 Race Bikes
	411 TNT SPORTS 2		7.15 Test Cricket – Live: West Indies v Australia						

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain: Scams** (S)(R)
10.15 **Fraud Squad** New edition The discovery of a puppy farm. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** New edition From Essex, the Welsh valleys and south London. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Transforming a vintage set of trunks and a dated chair. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **Bridge of Lies** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

4.30 Bridge of Lies

7 PM
7.00 **Our Lives: The World's Oldest Railway** New edition The work of the volunteers who keep the Tanfield Railway in Gateshead going. (S)
7.30 **EastEnders** Julie demands to know what has happened to Nigel. (S)(AD)

8 PM
8.00 **EastEnders** Phil and Julie continue to clash over her plan to take Nigel back to Scotland. (S)(AD)
8.30 **Garden Rescue** Charlie Dimmock and Lee Burkhill create a seaside-inspired garden in Derbyshire. (S)(R)

9 PM
9.00 **NEW SERIES The Great British Sewing Bee** 1/10. Sara Pascoe hosts as 12 new sewers show off their skills, beginning by tackling tie-front blouses and using pleats in the made-to-measure challenge. *See feature, page 12.* (S)(AD)

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Scent of a Woman** Coming-of-age drama featuring an Oscar-winning performance from Al Pacino. Prep school student Charlie Simms agrees to act as a minder to blind war veteran Lt Colonel Frank Slade over the Thanksgiving weekend. But the cantankerous, hard-drinking Frank has plans for one last, wild fling in New York and insists that Charlie comes along for the ride. With Chris O'Donnell. (S)(AD) (1992, 15, 150min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Bargain Hunt** (S)(R)(AD)
7.15 **Garden Rescue** (S)(R)
8.00 **Sign Zone: Springwatch** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Italy's Invisible Cities** (S)(R)(AD)
4.15 **The Life of Mammals** A look at animals that eat insects. (S)(R)(AD)
5.15 **Flog It!** Paul Martin hosts from Chiddingstone Castle, Kent. (S)(R)
6.00 **Richard Osman's House of Games** With former winners Nihal Arthanayake, Jay McGuiness, Lucy Porter and Jan Ravens. (S)(R)
6.30 **Robson Green's Weekend Escapes** Robson invites Olly Smith to a weekend escape in the Scottish Borders. (S)(R)(AD)

9.00 Mix Tape

7.00 **The Hairy Bikers Go West** 1/7. Dave Myers and Si King visit the Isle of Bute, taking a trip down memory lane, while also discovering how locals are embracing change and keeping important traditions alive. (S)(R)

8.00 **Earth's Great Rivers II** 3/3. Cameras focus on the Yukon. Home to bears, moose and huge salmon, the riches of North America's frozen river have sustained people for centuries. (S)(R)(AD)

9.00 **NEW SERIES Mix Tape** 1/4. Drama based on the novel by Jane Sanderson, starring Teresa Palmer and Jim Sturgess. In 1989, two teenagers bond over their shared love of music. *See feature, page 11.* (S1) (S)(AD)
■ Continues tomorrow

10.00 **QI** *Reflections:* With guest panellists Joe Lycett, Zoe Lyons and Liza Tarbuck. (S)(R)
10.30 **Newsnight** (S)

11.00 **FILM Manhunter** Psychological thriller based on the novel *Red Dragon* by Thomas Harris, starring Brian Cox and William L Petersen. An ex-FBI agent comes out of retirement to catch a serial killer. (S)(AD) (1986, 18, 115min) ★★★★
12.55 AM **Sign Zone: Great British Railway Journeys** (S)(R)(AD)
1.25 **Sign Zone: The Crime I Can't Forget** 1/6. True-crime. (S)(R)
2.25 **Sign Zone: Policing Paradise** (R)
2.55 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Midweek Menu** New edition James presents a masterclass in salt-baking fish, before he and chef Niall Keating treat TV presenter Scarlette Douglas to a chocolate fondant. (S)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Sarah thinks all hope is lost, Charity makes an offer, and John feels terrible about the week ahead. (S)(AD)

8.00 **Midsomer Murders** *The Scarecrow Murders:* The annual Scarecrow Festival takes a grisly turn as bodies begin appearing on poles displayed alongside their straw creations. Barnaby and Winter's investigation reveals rivalries that run deep and shows people will do just about anything to win. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **NEW Sycamore Gap: Britain's Lost Landmark** The story of the felling of one of the country's best-loved trees in September 2023. (S)

11.15 **Noel Edmonds' Kiwi Adventure** 3/3. Noel and Liz face new challenges as they fight to turn their business around. (S)(R)(AD)
12.05 AM **Tour de France Highlights** Gary Imlach presents a look back at the first 10 stages. (S)(R)
12.55 **Teleshopping**
3.00 **Long Lost Family: Born Without Trace** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ninja Warrior UK** (R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 7-10/22. (S2) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 14-17/24. (S5) (S)(R)(AD)
11.10 **Ramsay's 24 Hours to Hell and Back** From Arkansas. (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** In Newcastle, music agent Gemma and plumber Paul are paired up together to tackle the renovation of a four-bed family home. (S)(R)
5.00 **Chateau DIY** Ben and Vanessa rush to finish their new gin bar, housed in an old garage. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** New edition Reiki master Cathy looks for a property in Almería. (S)

10.00 In the Footsteps of Killers

7.00 **News** (S)

8.00 **Bake Off: The Professionals** New edition 8/10. The teams must create 24 savoury sweet desserts, as well as 24 more desserts with a featured ingredient. Then they have five hours to create extraterrestrial-themed showpieces. (S)(AD)

9.00 **The Couple Next Door** New episode 2/6. Charlotte tries to distance herself from Mia following their night out. Meanwhile, Jacob has to step in when a patient is sexist towards Mia. (S2) (S)(AD)
■ Continues tomorrow

10.00 **In the Footsteps of Killers** New edition Emilia Fox and David Wilson investigate the unsolved murder of lovers Brian Price and Susan Tetrault, who were axed to death as they slept on a summer's evening in 1986. (S)(AD)

11.05 **Merseyside Detectives: The Murders of Ashley and Olivia** 3&4/4. Double bill. (S)(R)(AD)
1.00 AM **Sky Coppers** (S)(R)(AD)
1.55 **Porn King: The Rise & Fall of Ron Jeremy** 1&2/2. (S)(R)(AD)
3.45 **Find It, Fix It, Flog It** (S)(R)
3.55 **The Dog Academy** (S)(SL)(R)(AD)
4.50 **George Clarke's Amazing Spaces** Transforming a Reliant Robin into a camper. (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

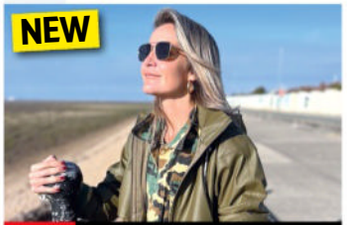
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM To Catch a Killer** Thriller starring Lelia Symington. (S) (2022, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Jessica and Modesto create wedding decorations, while Kirsty and Paul host their monthly Irish night. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Graeme Hall meets Bailey, a Newfoundland with an irrational fear of hard floors. (S)(R)
6.55 **News** (S)



8.00 Coastal Adventures

7.00 **Cornwall: A Year by the Sea** 1/4. In spring, cameras focus on Charlie and his son Matt as their farm near Padstow bursts into action. (S)(R)
7.55 **News** (S)

8.00 NEW SERIES **Coastal Adventures with Helen, Jules & JB** Helen Skelton, Jules Hudson and JB Gill explore the UK's coastline. In North Yorkshire, Helen descends 4,500ft into the UK's deepest mine. (S)

9.00 **Insomnia** New episode *What Have You Done?* 5/6. After her interrogation by the police, Emma is released on insufficient evidence. (S1) (S)
■ Concludes tomorrow

10.00 **Ben Fogle: New Lives in the Wild** Ben makes a return visit to Western Australia to catch up with 69-year-old Barbara, a Swiss woman who has lived alone in an isolated bush camp for 16 years. (S)(R)

11.05 **Traffic Cops** Officers deal with back-to-back accidents. (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** Documentary. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S8) (S)(R)(AD)
3.45 **Carol Drinkwater's Secret Provence** Glassblowing. (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **New Kids in the Wild** (S)(R)(AD)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 18/18. (S4) (S)(R)(AD)
5.00 **The Simpsons** *Meat Is Murder:* Grampa's hidden past comes back to haunt him. (S)(R)
5.30 *My Octopus and a Teacher:* Bart is unable to control his feelings when he gets a new teacher. (S)(R)
6.00 *Poorhouse Rock:* Homer finally teaches Bart to admire him. (S)(R)
6.30 *The City of New York v Homer Simpson:* Homer takes the family to New York. (S)(R)

9.00 Ocean's Eleven

6.55 **The Office (US)** *Goodbye, Michael:* 22/26. Michael prepares to leave Dunder Mifflin. (S)(R)
7.35 *The Inner Circle:* Deangelo's unorthodox management style causes chaos. (S7) (S)(R)

8.00 **A League of Their Own** Guests Sean Dyche, Tony Bellew and Alan Carr join host Romesh Ranganathan, team captains Jill Scott and Jamie Redknapp and regular panellist Micah Richards for the sports quiz. (S)(R)(AD)

9.00 **FILM Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. Charismatic thief Danny Ocean recruits a team of specialists to rob three Las Vegas casinos on a single night. With Carl Reiner, Elliott Gould and Don Cheadle. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Creature Commandos** New episode 3/7. GI Robot relives his glory days and finally gets his wish. (S1) (S)
11.30 **Brassic** 8/8. The MacDonaghs are on the warpath. (S4) (S)(R)
12.30 AM **The Force: North East** (R)
1.30 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 18/18. (S4) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City **10.40** The World's Oldest Railway: Our Lives New edition **11.10 FILM** Scent of a Woman (1992, 15, 150min) ★★★★ **1.40am** Weather for the Week Ahead **1.45-6.00am** BBC News (S)
N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Kinahan: The True Story of Ireland's Mafia **11.40** Kevin Bridges: The Overdue Catch Up **12.45am** Celebrity Bridge of Lies **1.30-6.00am** BBC News
WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Our Tenby Island: Our Lives New edition **8.30-9.00pm** Crimewatch Caught

BBC2

N. IRELAND
Sky 969, Freesat 969
8.00pm The Game – The Story of Hurling Series finale **8.55-9.00** The Chronicles of Strangford **10.00-10.30pm** Oul Treasures
WALES
Sky 968, Freesat 968
1.45pm First Minister's Questions **2.45** Italy's Invisible Cities **3.45** The Life of Mammals **4.45-5.15pm** Insect Worlds

ITV1

As main ITV1 except:
WALES
8.00pm Coast & Country New edition **8.30** Vanished Wales **9.00-10.00** James Martin's Midweek Menu **10.45** Sharp End **11.45pm-12.05am NEW** Sycamore Gap: Britain's Lost Landmark

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dau Gi Bach **12.30** Heno **1.00** Richard Holt: Yr Academi Felys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cefn Gwlad **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dan Do **6.15** Rownd a Rownd New episode **6.43** Newyddion **6.45 LIVE** Sgorio Ewrop: **9.05** Newyddion a'r Tywydd **9.35** Pobol y Cwm New episode **10.05-11.55pm** Sgorio

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly Predators** 3/7. Steve Backshall searches for powerful predators. **7.30** 4/7. Steve goes in search of predators with super-senses.
7.55 **The Catch Up**
8.00 **Top Gear** The trio test high-performance hatchbacks.
9.00 **FILM Ben Is Back** Drama with Julia Roberts and Lucas Hedges. A drug-addicted teenage boy shows up unexpectedly at his family's home on Christmas Eve. (2018, 15, 103min) ★★★★
10.35 **High: Confessions of an Ibiza Drug Mule** 5/5. Michaella McCollum reveals how she got out of prison early and what it taught her.
11.20 **The Tooney and Russo Show** New edition
11.55 **Ladhood** 3&4/6. (S2)
12.45 AM **Brickies**
1.15 **Top Gear** As 8.00pm.
2.15 **High: Confessions of an Ibiza Drug Mule**
3.00 **It's What She Would Have Wanted** Comedy.
3.10 **to 4.00** AM **Ladhood**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Newcastle.
3.10 **Four in a Bed** Five editions.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer meet Alex and Danny in Preston.
6.55 **The Dog House Australia** New edition Graduate Georgie is hoping to find a dog to share the next phase of her life with.
7.55 **The Dog House** Lizzie and Jason seek a companion for Billy, their street dog from Spain, who can be nervous in company.
9.00 **24 Hours in Police Custody: Breakout** An account of the key events in an escape attempt from the Yarl's Wood immigration removal centre in Bedfordshire.
10.00 **24 Hours in A&E** A junior doctor carries out his first-ever needle aspiration. **11.05** A London Underground worker undergoes tests to look for signs of a heart attack after collapsing at a Tube station.
12.10 AM **999: On the Front Line**
1.15 **Emergency Helicopter Medics** Medical series.
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey: The Severn** Angela Rippon continues her journey.
7.30 **Canal Boat Diaries** Robbie Cumming gets stuck in the mud in Woodseaves Cutting.
8.00 **The Good Life** Margo struggles to master pottery.
8.30 **Yes, Minister** Jim runs into an environmental controversy.
9.00 **The First Georgians: The German Kings Who Made Britain** Dr Lucy Worsley investigates how George II had to adapt to a growing change in society.
10.00 **The Death of Yugoslavia** 3/5. Exploring how war commenced in Yugoslavia. **10.50** 4/5. Evidence that reveals who ordered the ethnic cleansers into Bosnia.
11.40 **The Death of Yugoslavia**
12.30 AM **A Summer Journey: The Severn** As 7.00pm.
1.00 **Canal Boat Diaries**
1.30 **Mario Vargas Llosa: The Story of the Novelist Who Would Be President**
2.30 **to 3.30** AM **The First Georgians: The German...**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *The Italian Bob:* The family visit Italy.
7.00 **Hollyoaks** Marie's meddling drives a wedge between Cleo and Sienna.
7.30 **The Simpsons** *Dangerous Curves:* A series of flashbacks charts Homer and Marge's rocky marriage.
8.00 **Below Deck** New edition Fraser has to deal with escalating tension between two of his stewards that threatens to ruin his season.
9.00 **Gogglebox** Appraisals of *Wild Isles* and *Rise and Fall*. **10.00** Opinions on *Love Is Blind* and *The Dog Academy*.
11.05 **First Dates**
12.10 AM **The Big Bang Theory**
1.10 **Brooklyn Nine-Nine**
2.10 **The Goldbergs**
3.00 **Modern Family**
3.25 **Below Deck**
4.15 **Ramsay's Kitchen Nightmares USA**
5.10 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **The Good Doctor** (S6)
1.00 PM **FBI** 11/15. (S3)
2.00 **FBI: Most Wanted** 10/15. Crosby's old army buddy is attacked in an apparent drug deal gone wrong. (S2)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 The Rookie

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **The Sopranos** 10&11/21. (S6)
10.05 **Westworld** 5&6/8. (S4)
12.20 PM **Game of Thrones** (S8)
1.25 **Domina** 1&2/8. (S2)
3.35 **The Sopranos** 10/21. Johnny Sack's trial begins and he refuses to bargain with anyone.
4.40 11/21. Phil pressures Tony into having Vito killed. (S6)
5.40 **Westworld** 5/8. Charlotte gives William the task of tracking down a human outlier who has breached. (S4)

5.40 Westworld

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 8/13. (S9)
9.00 **Stargate Atlantis** (S1)
11.00 **SEAL Team** 14/22. (S1)
12.00 NOON **The Flash** 9/13. (S9)
1.00 PM **Hawaii Five-0** (S9)
3.00 **NCIS: Los Angeles** 5/22. (S13)
4.00 **S.W.A.T.** 18/18. The bombing of a Los Angeles police station puts the city on edge. (S4)
5.00 **SEAL Team** 13/22. The unit is deployed to Afghanistan. (S1)
6.00 **Stargate Atlantis** 11/20. Part two of two. Sheppard tries to rescue Weir and McKay. (S1)

11.00 Creature Commandos

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.05 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

10.05 Transaction

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal** *Pastures New.*
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Destroying Angel:* A dog finds the hand of a missing hotelier. Guest stars Samantha Bond.
5.50 **Heartbeat** *Nice Girls Don't:* Gina undergoes a terrible ordeal when she is assaulted after a rugby match.

8.00 Agatha Christie's Poirot

7 PM

7.00 Nothing to Declare Officers are worried about a girl's mental health. **7.30** Officers become suspicious about a Ferrari.

6.50 Westworld *Fidelity:* 6/8. Caleb attempts to escape from Charlotte's interrogation. (S4)
7.55 Game of Thrones *Winterfell:* 1/6. Jon and Daenerys arrive in Winterfell, where the Stark children are finally reunited. (S8)

7.00 Stargate Atlantis *The Defiant One:* 12/20. Sheppard and his crew investigate a downed enemy ship. (S1)

7.00 Deal or No Deal Stephen Mulhern hosts as Georgia takes on the Banker for the chance to win a life-changing cash prize.

6.55 Heartbeat *Trouble in Mind:* Nick investigates the reappearance of a local man last seen seven years previously.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 A League of Their Own Guests Sean Dyche, Tony Bellew and Alan Carr join the regulars.

8.00 Million Dollar Listing: LA Tracy's latest listing yields an interesting new development, while Josh Altman and Heather clash.

8.00 Agatha Christie's Poirot *Halloween Party:* A guest at a village Halloween party boasts of having witnessed a murder years previously – and later meets a grisly end in keeping with the macabre spirit of the occasion.

9 PM

9.00 The Rookie New episode *The Mickey:* 7/18. John gives Celina one final test on her last day as a trainee. (S7)

9.00 Gomorrah 3/12. Conte recklessly takes revenge against one of Ciro's men, further weakening their fragile alliance. Subtitled.

9.00 The Walking Dead: Dead City *Power Equals Power:* 1/8. Maggie and Negan are trapped on opposite sides of the war. (S2)

9.00 Love Island New edition Reality show in which singletons compete in the hopes of finding love and winning a £50,000 prize.

10 PM

10.00 The Cleaning Lady *Agua, Fuego, Tierra, Vento:* 4/12. Thony sets out to reunite Fiona with her family. (S3)
11.00 **FBI** 3&4/22. (S5)
1.00 AM **Fire Country** 2/10. The crew are called to complete a dangerous cave rescue. (S2)
2.00 **The Good Doctor** (S6)
4.00 **The Real A&E**
5.00 **to 6.00** AM **Brit Cops: Frontline Crime UK**

+1 hour 207 310

10.00 Gomorrah 4/12. Ciro looks to cut a deal with Gennaro when new faces on the streets start causing problems. (S2)
11.00 **Homicide: Life on the Street** 8/22. Part one of two. A baby's body is found. (S7)
12.00 M'T **The Wire** 8/10. (S5)
1.10 AM **Mare of Easttown** (S1)
2.25 **Mildred Pierce** 5/5. (S1)
3.55 **Game of Thrones** 1/6. (S8)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

10.00 Never Mind the Buzzcocks Alex James, Julian Clary, Sister Bliss and stand-in captain Mel B join the regulars.
11.00 **Creature Commandos** New episode 3/7. (S1)
11.30 **Brassic** 8/8. (S4)
12.30 AM **Joe Lycett's United States of Birmingham**
1.30 **Freddie Fries Again**
2.30 **Road Wars**
3.00 **NCIS: Los Angeles** 5/22. (S13)
4.00 **S.W.A.T.** 18/18. (S4)
5.00 **to 6.00** AM **Highway Patrol**

10.05 Transaction New episode 4/6. A teenager arrives to rob the supermarket. (S1)
10.35 Family Guy 14/21. Chris refuses money. (S12)
11.05 **Family Guy** 10/21. (S12)
11.35 **American Dad!** (S11)
12.35 AM **Bob's Burgers** (S14)
1.05 **Plebs** 6/8. (S2)
1.35 **Transaction** As 10.05pm.
2.05 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Foyle's War *The White Feather:* As World War Two continues to rage, Foyle investigates a pro-Hitler organisation he suspects may be linked to a mysterious death at the White Feather Hotel.
12.00 M'T **Grace** *Dead Like You:* A series of chilling attacks across Brighton all bear the same signs.
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** Andrew O'Donnell and Mark Taylor go on an urban adventure down the Kelvin to Glasgow.
8.00 **Island Crossings** Ultra-runners race across the Hebrides on a route involving two ferries.
9.00 **Granite Harbour** 1/3. Thriller starring Romario Simpson. The MIT team find themselves immersed in Aberdeen's drug underworld. (S2)
10.00 **Killing Escobar** Documentary telling the story of a Scottish mercenary hired to kill Colombian drug lord Pablo Escobar.
11.30 PM **to 12.00** M'T **Martin Compston's Norwegian Fling** 6/6. The actor and Phil MacHugh conclude their journey.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto** (S1)
9.00 **The Conners** (S4&5)
10.00 **Dice** 1&2/6. (S1)
11.20 **Flight of the Conchords** (S1)
12.40 PM **Silicon Valley** (S3)
2.00 **Dice** 1&2/6. (S1)
3.15 **Upright** 1&2/8. (S2)
4.25 **Flight of the Conchords** (S1)
5.35 **The Conners** (S4&5)
6.30 **The Office (US)** (S7)
7.45 **Silicon Valley** 7/10. The team receive some unexpected feedback.
8.25 8/10. Gavin faces major life changes. (S3)
9.00 **And Just Like That...** 7/12. *Sex and the City* revival starring Sarah Jessica Parker. (S3)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.00 **Veep** 3&4/10. (S2)
12.10 AM **Enlightened** (S1)
1.20 **Somebody Somewhere**
2.30 **2 Dope Queens** (S1)
4.30 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **La Traviata**
8.10 **The Joy of Painting**
9.10 **Tales of the Unexpected**
10.10 **Hitchcock Presents**
11.10 **The Directors**
12.05 PM **Discovering: Sigourney Weaver**
1.00 **Tales of the Unexpected**
2.00 **Anyone Can Sing**
3.00 **Classic Movies: The Story of Whisky Galore!**
4.00 **The Directors**
5.00 **Discovering: Hugh Grant**
6.00 **Tales of the Unexpected**
7.00 **Opry Live**
8.00 **The Michelangelo Code: Secrets of the Sistine Chapel**
10.10 **The Life and Deaths of Christopher Lee**
12.10 AM **Hammer: Heroes, Legends and Monsters**
2.00 **NEW SERIES Stories from Tate Britain** 1/2.
3.00 **50 Years on Film: David Hockney**
4.00 **Landmark**
5.00 **to 6.00** AM **Inside Art**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *Haven:* 11/26. Troi learns she is to be married. (S1)
8.00 **Star Trek: Deep Space Nine** *The Maquis – Part Two:* 21/26. (S2)
9.00 **FBI: Most Wanted** *Crypto Wars:* 11/22. (S4)
10.00 **FBI: International** (S2)
11.00 **Grimm** 15/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** A team of running club friends take part in the quiz.
4.00 A team of family and friends take part.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Tyreece takes on the Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Father Dowling Mysteries** 3/8. (S1)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 1&2/25. (S1)
12.00 NOON **Highway to Heaven** 2/25. (S1)
1.00 PM **Father Dowling Mysteries** 8/8. (S1)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 10&11/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** *Sentimental Journey:* 19/26. (S1)
10.00 **The New Avengers** *The House of Cards:* 2/13. The trio race to uncover an assassination ring. (S1)
11.00 **The Avengers** (S6)
12.00 M'T **M*A*S*H** (S7)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 19/24. (S3)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Minder**
7.00 **The Professionals**
8.00 **Giant Lobster Hunters**
9.00 **Magnum, PI**
9.55 **Kojak**
11.00 **Tour de France Highlights**
12.00 NOON **The Return of Sherlock Holmes**
1.10 PM **Giant Lobster Hunters**
2.10 **Magnum, PI**
3.15 **Kojak**
4.20 **Minder**
5.30 **The Professionals**
6.30 **Made in Britain**

9.00 London Has Fallen

7.00 **Tour de France Highlights** Gary Imlach presents a look back at the 10 stages of the prestigious race.

8.00 **World Superbike Highlights** Action from the seventh round of the season which came from Donington Park.

9.00 FILM **London Has Fallen** Action thriller sequel starring Gerard Butler and Aaron Eckhart. The US president and the head of his Secret Service must foil a terrorist attack on the city of London. With Morgan Freeman. (2016, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 FILM **The Enforcer** Action thriller starring Clint Eastwood as a maverick San Francisco cop trying to track down a gang of homicidal hoodlums. (1976, 18, 95min) ★★★

12.50 AM **Wrestling: AEW Collision**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 9/26. (S7)
2.00 **Atlantis** 2/13. (S2)
3.00 **Stargate Atlantis** 6/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 9/26. (S7)
6.00 **Star Trek: Enterprise** 20/24. A mechanical failure puts the *Enterprise* in danger of destroying itself. (S3)

7.00 Atlantis

7.00 **Atlantis** *A New Dawn – Part Two:* 2/13. Pasiphae continues to lay siege to the city. (S2)

8.00 **Stargate Atlantis** *Trinity:* 6/20. McKay discovers a potent source of energy based on ancient technology. (S2)

9.00 **From the Earth to the Moon** *Galileo Was Right:* 10/12. The lunar geologists compete for astronautical ranking. (S1)

10.00 **The Walking Dead** *We Are the End of the World:* 2/22. The origins of Alpha and Beta are revealed. (S10)

11.00 **Wynonna Earp** 10/12. The Earps become suspicious when a woman knows a little too much about their legacy. **12.00** M'T 11/12. Wynonna has yet another run-in with the Revenants. (S3)
1.00 AM **Westworld** 1&2/10. (S1)
3.25 **Room 104** 4/12. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **WPC 56** 1/5. (S3)
11.00 **Hudson & Rex** 2/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Beyond Paradise** (S2)
2.00 **Murdoch Mysteries** (S8)
4.00 **WPC 56** 1/5. (S3)
5.00 **Hudson & Rex** 2/16. (S4)
6.00 **Father Brown** *The Fall of the House of St Gardner:* A gossip columnist is murdered after threatening to expose a fashion house's secrets.

9.00 My Life Is Murder

7.00 **Miss Scarlet and the Duke** 2/6. Eliza must prove the innocence of a man who has pleaded guilty to murder. (S1)

8.00 **Beyond Paradise** 5/6. On a moor outside of Shipton Abbott, a woman is found with an arrow in her back. (S2)

9.00 **My Life Is Murder** New episode *En Pointe:* 5/8. A student is shot with a bow and arrow at a ballet academy. (S4)

10.00 **Father Brown** *The Truth in the Wine:* Father Brown searches for the killer after body is discovered in a vineyard.

11.00 **Father Brown** As 6.00pm.
12.00 M'T **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 AM **Elementary** 1/13. A fashion model becomes the victim of an acid attack. (S7)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Ever Decreasing Circles**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Ever Decreasing Circles**
6.00 **The Green Green Grass**
6.40 **Are You Being Served?**

8.00 Open All Hours

7.20 **Dad's Army** The older members of the platoon are threatened with being made air-raid wardens.

8.00 **Open All Hours** Arkwright comes up with a plan to invent a Saint's day.

8.40 **Not Going Out** Lucy announces to the friends that she is pregnant.

9.20 **The Vicar of Dibley** First episode. The villagers of Dibley discover that their new vicar is a woman.

10.00 **The Royle Family** Jim and Nana fight over who is going to use the toilet first.

10.35 **Neil & Martin's Bon Voyage** A road trip through France.

11.40 **Men Behaving Badly**
12.15 AM **Ricky & Ralf's Very Northern Road Trip**
1.20 **The Royle Family**
2.00 **The Vicar of Dibley**
2.40 **Dad's Army**
3.10 **to 4.00** AM **Ever Decreasing...**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Special Ops: Crime Squad UK**
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein: From Venice to Istanbul** As shown at 6.00pm.
12.00 NOON **Celebrity Storage Hunters** Double bill.
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers Everyday Gourmets** How to make gourmet food on a budget.
6.00 **Rick Stein: From Venice to Istanbul** A road trip through the former Byzantine Empire.

5.00 Everyday Gourmets

7.00 **Would I Lie to You? The Unseen Bits** Out-takes from the panel show.

7.40 **Richard Osman's House of Games** With Gareth Malone, Susan Calman, Paul Martin and Jamelia. **8.20** Dom Joly, Angela Rippon, John Robins and Samira Ahmed take part.

9.00 **QI XL** Guests Dara O Briain, Chris Addison and Sean Lock join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts, with guests Ross Noble and Rachel Johnson.

11.00 **Taskmaster** Russell Howard makes a convincing liger.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? The Unseen Bits** As 7.00pm.
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Almería.
10.30 **Help! We Bought a Village** An Italian hamlet.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **The Great House Giveaway** In Stafford.
2.30 **George Clarke's Amazing Spaces**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Location, Location, Location** In Berkshire.
8.00 **Jimmy Doherty's Big Bear Rescue** A pack of 12 arctic wolves need a home.
9.00 FILM **A Man Called Otto** Comedy drama. (2022, 15, 126min) ★★★
11.25 **Gogglebox**
12.25 AM **Celebrity Gogglebox**
1.25 **The Trouble with Mr Doodle** Documentary.
3.25 **Crime Scene Cleaners**
4.25 **to 4.55** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **NCIS** 7-9/24. (S3)
12.00 NOON **Law & Order: Criminal Intent** (S1&2)
6.00 PM **NCIS** *Jeopardy:* 22/24. A suspect dies while being restrained. **7.00** *Hiatus – Part One:* 23/24. Gibbs is injured in an explosion. **8.00** *Hiatus – Part Two:* 24/24. Gibbs emerges from his coma. (S3)
9.00 **Law & Order: Special Victims Unit** *Duty to Hope:* 13/13. The team search for a suspect before his crimes escalate to murder. (S25) **10.00** *Her Negotiation:* 24/24. A criminal keeps himself one step ahead of the SVU. (S14) **11.00** *Surrender Benson:* 1/24. William Lewis holds Benson in captivity. (S15)
12.00 M'T **The Resident**
1.55 AM **Blue Bloods** (S7)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition** A young woman is admitted with life-threatening head injuries.
10.00 **A&E After Dark** Medical staff treat a sliced open foot and a dislocated knee.
11.00 **Skin A&E** Documentary.
12.00 M'T **Murder Scene: The Incident Room**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Quantico** (S2)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
2.00 PM FILM **The Tin Star** Western. (1957, b/w, U, 93min) ★★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A driver's behaviour signals disaster. **7.00** Two suspected car thieves are pursued. **8.00** Some familiar faces ride into town.
9.00 **The Motorway** The control room spots a woman attempting to wave down passing traffic on the M6.
10.00 **Police: Night Shift 999**
11.00 **Quantum Leap** (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Junior USA** Culinary show.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: Homes for Veterans** In Manchester.
7.00 **The Shift: Women on the Force** Documentary.
8.00 **DIY SOS: The Big Build** The team adapt the home of a stroke survivor in Warrington, Cheshire.
9.00 **First Responders** New edition A routine winch job becomes a life-and-death situation.
10.00 **999 Rescue Squad**
12.00 M'T **Inside the Ambulance**
12.30 AM **Stacey Dooley: Inside Spain's Narco Wars** Documentary.
1.35 **to 3.00** AM **Interior Design Masters with Alan Carr**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.25 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Kingdom**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Miss Scarlet and the Duke** 3/6. Eliza tracks a notorious con-man. **9.00** 4/6. Eliza is hired to investigate a case of corruption. (S3)
10.00 **New Tricks** *The Fourth Man:* The future of the team is threatened.
11.20 **Spooks** 9/10. (S2)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Birds of a Feather**
2.55 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

TUESDAY Entertainment

Tuesday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Portugal.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Hettie Jago and David Harper are in Brampton. **8.00** Hettie and David search the antiques shops of the Lake District.
9.00 **Who Do You Think You Are?** Broadcaster and writer Richard Osman traces his ancestry.
10.00 **The Hotel Inspector** Alex Polizzi visits the Lamp Post Villa B&B in the centre of Bath.
11.00 **Long Lost Family**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes**
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the quiz hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM FILM **The Longest Drive** Western drama. (1976, PG, 93min) ★★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM FILM **The True Story of Jesse James** Western biopic. (1956, PG, 92min) ★★
3.05 FILM **The Secret of Convict Lake** Western. (1951, PG, 83min) ★★
5.00 **Bonanza** (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 FILM **Tracker** Period action drama starring Ray Winstone. (2010, 12, 101min) ★★★
11.15 FILM **Son of a Gun** Crime drama. (2013, 15, 108min) ★★★
1.35 AM FILM **San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
3.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

9.00 AM **Saving Lives at Sea**
10.00 FILM **The Neighbourhood Nightmare** Thriller. (2018, 12, 89min) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM FILM **Killer Contractor** Thriller. (2019, 12, 84min) ★★
2.55 FILM **Dying for a Baby** Thriller. (2019, 12) ★★
5.00 FILM **Fatal Getaway** Thriller. (2019, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **Kill Command** Sci-fi action thriller. (2016, 15, 100min) ★★★
11.10 FILM **Garage Sale Mysteries: Murder in D Minor** Crime drama. (2018, PG, 90min) ★★
1.05 AM FILM **My Mother's Stalker** (2018, 12) ★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM FILM **The Sinister Surrogate** Thriller. (2018, 12) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM FILM **Two for the Win** (2021, PG) ★★
10.05 FILM **The Perfect Catch** Drama. (2017, PG) ★★
12.00 NOON FILM **Love Strikes Twice** Drama. (2017, PG, 90min) ★★
2.00 PM FILM **A Whirlwind Wedding** Comedy. (2020, PG, 90min) ★★
4.00 FILM **The Wedding Arrangement** Drama. (2022, PG, 95min) ★★
6.05 FILM **My Best Friend's Bouquet** Drama. (2020, U, 84min) ★★
8.00 FILM **The Wedding Rule** Romantic comedy. (2023, U, 90min) ★★
10.00 FILM **Destination Wedding** Comedy. (2017, PG, 84min) ★★
11.55 FILM **Ms. Matched** Romantic comedy. (2016, PG, 90min) ★★
1.55 **Highway to Heaven**
3.00 **to 5.00** AM FILM **A Whirlwind Wedding**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie** (S1)
11.00 **Jokers Wild**
11.30 **Please Sir!** (S4)
12.00 NOON **Carry On Laughing** 3/7. (S2)
12.30 PM **You're Only Young...**
1.00 **Mapp and Lucia** (S1)
2.00 FILM **Ginger in the Morning** (1973, PG) ★★
3.45 **Auto Rewind**
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of...**
5.30 **I Dream of Jeannie** (S1)
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S1)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Please Sir!** (S4)
8.30 **A Sharp Intake of Breath** 3/3. (S3)
9.00 **Bramwell** 10/10. (S3)
10.00 **Soap** 6/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T FILM **The Legend of Boggy Creek** (1972)
1.30 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Circumstances force Josh to take over the *Cornelia Marie*. **8.00** Jake takes a risky short cut, and Edgar tries to make his mark.
9.00 **Opal Hunters: Red Dirt Road Trip** JC travels to meet with his mentor and black opal specialist on a secret mission. **10.00** In Shark Bay, the boys try to do a deal with a pearl farmer.
11.00 **Gold Divers**
12.00 M'T **British Speedway**
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Tom Kerridge...**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Rick Stein's Taste of...**
10.00 **The Hairy Bikers'...**
11.00 **Great British Bake Off**
1.00 PM **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
2.00 **James Martin's Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Rick Stein's Taste of Italian Opera**
6.00 **The Hairy Bikers' Comfort Food**
7.00 **Great British Bake Off**
9.00 **One-Pan Wonders**
10.00 **Jamie Oliver: Together**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 5/25. (S7)
9.00 **The Fall Guy** 3/23. (S2)
10.00 **Knight Rider** (S3)
11.00 FILM **Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
1.00 PM FILM **Danger Within** Wartime mystery. (1959, b/w, U, 97min) ★★
3.05 FILM **The 39 Steps** Adventure remake. (1959, U, 93min) ★★★
5.00 **Star Trek** 21/26. (S2)
6.00 **Knight Rider** (S3)
7.00 **The Fall Guy** 4/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Unlocked** Thriller starring Noomi Rapace. (2017, 15, 98min) ★★★
11.00 FILM **Renegades** Action adventure. (2017, 15, 106min) ★★
1.05 AM FILM **Steel Sharks** Action adventure. (1996, 18, 91min) ★
3.00 **to 4.55** AM FILM **Hidden Agenda** Thriller. (2001, 18, 91min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM FILM **The Philadelphia Experiment** As 5.00pm.
8.00 FILM **The Gambler** Musical drama. (1980, PG, 95min) ★★★
10.00 **The Lost World** (S2)
11.00 FILM **Monster Island** Thriller with Eric Roberts. (2019, PG, 90min) ★★
1.00 PM FILM **Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
3.00 **The Lost World** (S2)
4.00 **The A-Team** 21/25. (S3)
5.00 FILM **The Philadelphia Experiment** Mystery. (2012, 15, 89min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 22/25. (S3)
9.00 FILM **Last Knights** Action adventure. (2015, 15, 112min) ★★
11.15 FILM **Standoff** Thriller. (2015, 15, 92min) ★★★
1.00 **to 3.00** AM FILM **Office Uprising** Horror. (2018, 15, 92min) ★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Wolverhampton.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Swamp People: Serpent Invasion**
10.00 **Rust Valley Restorers**
11.00 **Court Cam** Double bill.
12.00 M'T **Alien Disclosure Files** Double bill.
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In Tuscany.
12.00 NOON **Majorca: Jewel of the Med**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** Susan sails south to the Caribbean.
8.00 **Ben Fogle: New Lives in the Wild** In California.
9.00 **World War II: Secrets from Above** The Dambusters mission.
10.00 **Nazi Megastructures** Japanese defences on the island of Okinawa.
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald**
1.00 AM **22 Kids & Counting**
3.00 **Cruising with Susan Calman** As 7.00pm.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From north Wales.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Married to Real Estate** New edition Egypt and Mike help a couple who want to transform their traditional townhouse.
10.00 **Battle on the Beach** New edition The contestants take on the main suite and compete in games.
11.00 **Home Town** New edition
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Curvy Brides Boutique**
8.00 **Jay & Pamela** New edition Jay and Pamela are determined to find a place to live before their wedding day.
9.00 **Crack Addicts**
11.00 **Take My Tumour**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Crack Addicts**
3.00 **Take My Tumour**
4.00 **Jay & Pamela**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 3-6/25. (S2)
1.00 PM **Last Man Standing**
1.30 **Friends** 5-14/18. (S10)
8.00 **Friends** 17&18/18. Last-ever episode. Monica and Chandler eagerly wait for Erica to give birth. (S10)
9.00 FILM **Men in Black** Sci-fi action comedy with Tommy Lee Jones and Will Smith. (1997, PG, 94min) ★★★★
11.00 **Police Squad!** (S1)
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park**
2.00 **Beavis and Butt-Head**
2.45 **CC Live: Stand Up Shorts** Double bill.
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 11&12/14. (S5)
11.00 **Friends** (S5)
1.00 PM **Impractical Jokers**
2.00 **Daria** 12&13/14. (S5)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S2)
9.00 **New Girl** 12&13/22. (S6)
10.00 **Friends** 3/18. Ross treats himself to a spray tan. **10.30** 4/18. Emma's first birthday takes an unexpected turn. (S10)
11.00 **Friends**
1.35 AM **Reno 911!** (S6)
3.00 **The Ricky Gervais Show**
3.50 **Whose Line Is It Anyway? USA**
4.30 **Chris Ramsey Live: All Growed Up**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S5)
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 4/12. (S1)
7.00 **Send in the Dogs**
8.00 **UK Border Force** A student is prevented from entering the UK.
9.00 **Sick Note** 3&4/8. (S2)
10.00 **Stella** 3&4/10. (S4)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** Unseen moments.
2.00 **Sick Note**
3.00 **Duck Quacks Don't Echo** With Amir Khan.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
12.00 NOON **Catfish: The Dramatic** Reality series.
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Celebs on the Farm**
8.00 **MTV Cribs** Double bill.
9.00 **90's House**
10.00 **Badass Brides**
11.00 **Ink Master Redemption** St Marq and Ty'Esha Reels return to the shop. **11.30** Duffy Fortner is back for redemption.
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran dish up some 'flexible fails.'
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **True Love or True Lies?**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Marooned with Ed Stafford**
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Parker's crew accidentally unleash a flood of water that wreaks havoc. **4.00** Tony's son returns to help save the family business.
5.00 **Building Off the Grid** Joey Caiafa takes on a project to build a cabin for the ultimate outdoorsman in Colorado.
6.00 **Border Control: Spain**

9.00 Gold Rush: White Water

7.00 **Wheeler Dealers** Mike takes a gamble on an original 1970s Toyota Landcruiser from Japan.

8.00 **Outback Truckers** Robbie faces a major challenge as he moves a home from Brisbane to a town near Mount Tyson.

9.00 **Gold Rush: White Water** New edition After an airboat disaster, Dustin's crew fight harsh conditions and dwindling supplies.

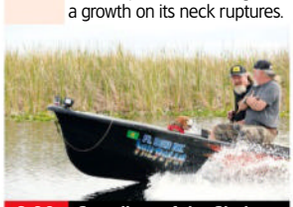
10.00 **Gold Rush: Mine Rescue with Freddy & Juan** New edition A dry claim pushes Freddy and Juan to their limits.
12.00 M'T **Moonshiners** To beat inflation, Mark and Digger try an old-school run of liquor they can sell at a 1990s price.
1.00 AM **Gold Rush: White Water**
2.00 **Gold Rush: Mine Rescue with Freddy & Juan**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **The Aquarium**
10.00 **Tanked** An army tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy tries to save 50 kittens. **4.00** Jackson helps a man deal with his cat phobia.
5.00 **Lone Star Law** The wardens seek a whooping crane.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff operates on a dog after a growth on its neck ruptures.



8.00 Guardians of the Glades

7.00 **Animal Cribs** The team create an elaborate system of tunnels and towers for a family's seven chinchillas.

8.00 **Guardians of the Glades** Snake hunter Dusty travels south to the python-infested Ten Thousand Islands.

9.00 **Alaska: The Last Frontier** Atz gives Jane a lesson in rabbit skinning, and Eve has conflicting thoughts about deer hunting.

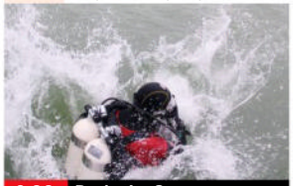
10.00 **Alaskan Bush People** As new predators encroach on the ranch, the Browns devise inventive solutions to defend their livestock.
11.00 **Pit Bulls & Parolees** The team attempt to rescue dogs involved in a dog-fighting ring.
12.00 M'T **Crikey! It's the Irwins** Robert researches manta rays.
1.00 AM **Guardians of the Glades**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mutant Weather**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Mysterious Islands**
2.00 PM **Jaws @ 50: The Definitive Inside Story**
3.55 **Construction Fails**
5.00 **Car S.O.S** Tim Shaw and Fuzz Townshend take on possibly their most obscure car to date.
6.00 **World War II: Secrets from Above** A look back at the Battle of Britain from a unique aerial perspective.



9.00 Drain the Oceans

7.00 **Air Crash Investigation** A reconstruction of XL Airways Germany Flight 888T, which spiralled into the Mediterranean.

8.00 **Gallipoli's Deep Secrets** Dr Robert Ballard dives beneath the surface of Turkish waters to find World War One wrecks.

9.00 **Drain the Oceans** Draining off Hawaiian shores reveals Japan's secret weapons, from mini subs to fighter planes.

10.00 **Lost Ships of WW2** The most famous sunken vessels of World War Two, beginning with the USS *Indianapolis*.
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster** A crash in Queens, New York.
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Dirty Old Cars**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **The Proof Is Out There**
1.00 PM **Flipping Bangers**
2.00 **Mountain Men**
2.55 **Pawn Stars**
3.15 **Secrets in the Ice**
5.00 **What on Earth?** A giant carving of a strange creature.
6.00 **American Pickers** The Wolfe brothers pick a main-street grocery that is frozen in time.

9.00 Secrets Declassified

7.00 **Forged in Fire** After a brutal round of testing, two smiths return home to re-create a razor sharp serrated Indian sabre.

8.00 **Secrets of Great British Castles** The history of the Tower of London, which has been a palace, a royal mint, a prison and a zoo.

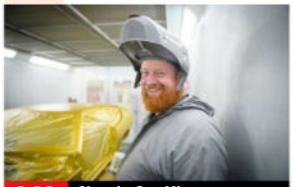
9.00 **Secrets Declassified with David Duchovny** New edition How secret agents endure severe psychological strain.

10.00 **History's Greatest Mysteries** New edition Laurence Fishburne reflects on sightings of unexplained lights.
11.00 **What on Earth?** As 5.00pm.
12.00 M'T **Strange Evidence** A mysterious police convoy is filmed transporting an unearthly looking craft.
12.55 AM **The Proof Is Out There**
1.50 **Secrets Declassified with David Duchovny** As 9.00pm.
2.50 **Forged in Fire** As 7.00pm.
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **WW2: Battles for Europe**
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **WW2: Battles for Europe**
5.00 **Nazi Hunters** The capture and subsequent suicide of Heinrich Himmler.
6.00 **Antiques Roadshow** Fiona Bruce presents more valuations Kent's Hever Castle.



8.00 Classic Car Kings

7.00 **Great American Railroad Journeys** Michael Portillo boards one of the world's most famous trains – the Rocky Mountaineer.

8.00 **Classic Car Kings** New edition Irv restores a Lamborghini Espada for a client in the Middle East. ■ Entire series on U

9.00 **Bangers & Cash: Restoring Classics** The team take on an ambitious project – a 1963 Lotus Elan Series 1.

10.00 **Bangers & Cash** Dave and Jack head to East Yorkshire to pick up a dusty Alfa Romeo and a 1930s Jowett.
11.00 **Bangers & Cash** Derek travels to the Yorkshire coast to pick up a 1963 Austin J2 Paralanian campervan.
12.00 M'T **Abandoned Engineering** Ruins from the time before the fall of the Berlin Wall.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Wheeler Dealers World Tour**
9.00 **Johnny Vegas' Little Shop of Antiques** New edition Following the comedian and actor as he opens an antiques shop in Cheshire.
10.00 **The Repair Shop** Items include a vintage vacuum cleaner.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Say Yes to the Dress**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Harold Shipman.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Crime Stories**
8.00 **Murder on CCTV**
9.00 **Road Rage** New edition
9.30 **Exposed: Naked Crimes** New edition
10.00 **Bloodline Detectives**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** How killers call on all the elements in an attempt to cover up their crimes.
8.00 **Britain's Countryside Killers** The village of Bosham in West Sussex was rocked by the murder of Valerie Graves.
9.00 **Murder Book** Police attempt to bring the killer of two women and a baby to justice.
10.00 **It Takes a Killer** A brunette is killed and left in a burned out car. **10.30** A scorned mistress exacts the ultimate revenge but tries to play the victim.
11.00 **Murder by the Sea**
1.00 AM **Murder Book**
2.00 **It Takes a Killer**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** An investigation into a letter bomb campaign aimed at the American judiciary. **4.30** When a wounded woman crawls to call 911, her husband becomes the main suspect. **5.00** The discovery of a baby girl's body after an alleged kidnapping. **5.30** Deeply religious Gail Fulton is shot in the suburbs of Michigan. **6.00** Scientists reconsider evidence in a 20-year-old shooting. **6.30** An arrest is finally made 20 years after three sex workers were murdered in 1990.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **The Force: Manchester**
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** True-crime.
1.00 PM **Britain's Most Evil Killers** Peter Moore.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **Murder Next Door**
10.00 **The Real Manhunter**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Full Steam Ahead**
9.15 **World of Stonehenge**
10.25 **Chernobyl: The New Evidence** As 8.20pm.
11.25 **Forgotten Soldier**
1.00 PM **Full Steam Ahead**
2.15 **World of Stonehenge**
3.20 **Chernobyl: The New Evidence** As 8.20pm.
4.20 **Forgotten Soldier**
5.55 **Full Steam Ahead**
7.15 **World of Stonehenge** The impact of farming on social evolution.
8.20 **Chernobyl: The New Evidence** 1/2. Documentary exploring the run-up to the 1986 nuclear disaster.
9.20 **Forgotten Soldier** Lady Irene Hatter uncovers the truth behind her father's bravery during World War Two.
10.55 **Mafia's Greatest Hits**
12.00 M'T **Chernobyl: The New Evidence**
1.05 **to 2.00** AM **Grand Tours of the Scottish Islands**

TUESDAY

Tuesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Helen Mirren**
8.00 **The Directors**
8.55 **The Vow** 6/9. Documentary.
10.00 **Last Call: When a Serial Killer Stalked Queer New York**
11.00 **Kingdom of Dreams**
12.00 NOON **Sergio Leone: The Italian Who Invented America**
2.00 PM **Val** Documentary.
4.00 **Discovering: Helen Mirren**
5.00 **The Directors**
5.55 **The Vow** 7/9. Documentary.
7.00 **Natalie Wood: What Remains Behind** A unique insight into the movie star's life, from her daughter's perspective.
9.00 **Elizabeth Taylor: The Lost Tapes** A profile of the actor.
1.00 AM **David Frost Vs**
2.00 NEW SERIES **Death of a Showjumper** 1/3. The events surrounding the death of young Northern Irish showjumper Katie Simpson in 2020.
3.00 **Germanwings: What Happened on Flight 9525?**
5.00 **to 6.00** AM **Discovering: Helen Mirren**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Africa's Underwater Wonders** Documentary.
7.00 **Monkey Life**
8.00 **Wild Birds of Australia**
9.00 **Wild Family Ties**
10.00 **Living Beach**
11.00 **New Kids in the Wild**
12.00 NOON **Guardians of the Wild**
1.00 PM **Monkey Life**
2.00 **Wild Birds of Australia**
3.00 **Wild Family Ties**
4.00 **Living Beach**
5.00 **Gangs of Lemur Island**
6.00 **Hope for Wildlife: The Next Generation** New edition
7.00 **Monkey Life** Double bill.
8.00 **Ireland's Wild Islands with Eoin Warner**
9.00 **13 Hours to Survive**
10.00 **Hope for Wildlife: The Next Generation**
11.00 **Gangs of Lemur Island**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wildlife Icons**
2.00 **Ireland's Wild Islands with...**
3.00 **13 Hours to Survive**
4.00 **Wild Birds of Australia**
5.00 **to 6.00** AM **Wild Family Ties**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **National Park Mysteries**
9.00 **Swamp Mysteries with Troy...**
10.00 **River Hunters**
11.00 **Ancient Aliens**
1.00 PM **National Park Mysteries**
2.00 **Swamp Mysteries with Troy Landry** Troy heads deep into the bayou to confront beasts.
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Shipwreck Treasure Hunter**
5.00 **UFO Hunters**
6.00 **Dirty Old Cars**
7.00 **What on Earth?**
8.00 **Alien Files Reopened** How physicist Paul Bennewitz crossed the US military.
9.00 **Hitler's Engineers** The support Hitler received to cement his hold on power.
10.00 **Evidence of the Unexplained**
11.00 **History's Crazy Rich Ancients**
12.00 M'T **Ancient Aliens**
2.00 AM **Hitler's Engineers**
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Shipwreck Treasure Hunter**
5.00 **to 6.00** AM **UFO Hunters**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain**
3.00 **Murdertown**
4.00 **Cops Gone Bad with Will Mellor** Rodney Whitchelo.
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic**
9.00 **Last Night Out** New edition
10.00 **Mastermind of Murder**
11.00 **Accused: Did I Do It?**
12.00 M'T **Murder By Medic**
1.00 AM **Last Night Out**
2.00 **Secrets of the Bunny Ranch** New edition Documentary.
3.00 **Criminal Confessions**
4.00 **Killer Britain**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Monster Fish**
10.00 **Savage Kingdom**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Perfect Predator**
3.00 **When Sharks Attack and Why**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Four wild cats take a trip to meet James Corden on *The Late Late Show*.
8.00 **Fish Tank Kings** The team take on a challenging project for the Rainforest Cafe in Disney World.
9.00 **Man-Eater of the Congo** Two kayakers venture into the Congo to track down the crocodile that killed their friend in 2010.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** A look at the DC3, a twin-engine passenger airliner that helped to revolutionise air travel in the 1930s and 1940s.
9.00 **Unexplained and Unexplored** Explorers Justin Fornal and Emiliano Ruprah search for the Ark of the Covenant.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
11.00 **Secret Army**
1.20 PM **Oliver Twist**
2.40 **The Dick Emery Show**
4.40 **Secret Army**
7.05 **Oliver Twist** 2/12. Oliver causes problems at the workhouse by not following strict orders. **7.40** 3/12. Oliver rebels and runs away to London. (S1)
8.20 **The Dick Emery Show** Triple bill featuring comic sketches.
10.10 **Secret Army** *Too Near Home:* 9/16. Yvette is arrested in France, leaving Lifeline on the verge on collapse. (S1)
11.25 **Louis Theroux's Weird Weekends: Christmas Special** Louis meets some colourful characters on his way to Christmas dinner in America, including porn star JJ Michael and aspiring singer Mike Oehler.
12.40 AM **Secret Army**
1.55 **The Dick Emery Show**
3.40 **Secret Army**
5.30 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

ID

154 141 166

8.00 AM **Betrayed**
9.00 **Evil Online**
11.00 **Deadly Secrets**
1.00 PM **Evil Stepmothers**
3.00 **The Killer Beside Me**
5.00 **Married with Secrets**
7.00 **Still a Mystery** A case in which a 20-year-old woman disappeared when travelling from her fiancé's home. Investigators suspected that someone from law enforcement might be responsible. **8.00** A case in which two 20-year-olds suffered personal tragedies, then had their own lives abruptly taken. Their families set out to prove what really happened.
9.00 **Evil Lives Here** When Courtney's boyfriend moves in, his jealousy boils over.
10.00 **Signs of a Psychopath** Double bill of editions.
11.00 **A Crime to Remember**
12.00 M'T **Reasonable Doubt**
2.00 AM **Married with Secrets**
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** The team work on a 1967 Chevy Corvette.
9.00 **Richard Hammond's Workshop** Richard buys a 1970 Mark II Jensen Interceptor.
10.00 **Texas Metal**
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.35 AM **Sew Torn** As 2.20pm.
8.20 **Running on Empty** (2024)
9.55 **I Don't Understand You** Horror comedy starring Nick Kroll. (2024, 15, 97min) ★★★
11.40 **Wicked** As 8.00pm.
2.20 PM **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
4.05 **Running on Empty** Comedy. (2024, 15, 91min) ★★★
5.40 **Joker: Folie à Deux** Musical thriller with Joaquin Phoenix. (2024, 15, 138min) ★★★★

8.00 Wicked

8.00 Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A green-skinned young woman named Elphaba forges an unlikely friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 Gladiator II Director Ridley Scott's historical drama sequel starring Paul Mescal, Pedro Pascal and Denzel Washington. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **Salem's Lot** Horror. (2024, 15, 109min) ★★★
3.20 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Hits

303 303 403 503 517

6.10 AM **Promising Young Woman** Thriller. (2020, 15) ★★★★
8.10 **Baby Driver** As 4.00pm.
10.05 **Star Trek: Generations**
12.05 PM **Jason Bourne** Thriller. (2016, 12, 123min) ★★★
2.10 **Trap** Thriller with Josh Hartnett. (2024, 15, 105min) ★★★★
4.00 **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★
5.55 **Twisters** Disaster drama sequel with Daisy Edgar-Jones. (2024, 12, 122min) ★★★★

4.00 Baby Driver

8.00 It Chiller based on the Stephen King novel, starring Bill Skarsgård, Jaeden Lieberher and Sophia Lillis. A group of bullied New England kids band together to destroy a demonic clown. (2017, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Beetlejuice Beetlejuice Tim Burton's horror comedy sequel starring Michael Keaton, Winona Ryder, Jenna Ortega and Catherine O'Hara. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Stargate** Sci-fi adventure. (1994, PG, 125min) ★★★★
2.25 **The Cinema List: Jurassic**
2.45 **Star Trek: Generations** Sci-fi adventure with Patrick Stewart. (1994, PG, 118min) ★★★
4.45 **to 6.35** AM **The Back-Up Plan** Romantic comedy. (2010, 12, 100min) ★★

Sky Cinema Drama

310 310 410 510 524

6.25 AM **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
9.05 **Parachute** As 9.50pm.
11.00 **Paper Moon** Vintage comedy. (1973, b/w, PG, 100min) ★★★★
12.50 PM **Ghost** Romantic fantasy thriller starring Patrick Swayze. (1990, 12, 127min) ★★★★
3.00 **Speak Like a Child** As 11.45pm.
4.25 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★

6.35 **The Man with the Answers** Greek romantic drama starring Vasilis Magouliotis. Subtitled. (2021, 12, 80min) ★★★★
8.00 **Lost in Translation** Bittersweet romantic comedy drama with Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★
9.50 **Parachute** Comedy drama starring Courtney Eaton. (2023, 15, 108min) ★★★★

11.45 **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★
1.15 AM **Cicada** Romantic drama. (2020, 15, 96min) ★★★★
3.00 **The Man with the Answers**
4.30 **to 6.20** AM **Chuck Chuck Baby** Musical comedy drama. (2023, 15, 101min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.00 AM **There's Something in the Barn** Horror comedy. (2023, 15, 100min) ★★
7.50 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
10.05 **The Collector** As 12.05am.
12.10 PM **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
1.55 **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★

3.55 **The Ring** Chiller remake. (2002, 15, 115min) ★★★
5.55 **The Ring Two** Horror sequel. (2004, 15, 110min) ★★★
8.00 **Stargate** Sci-fi adventure starring Kurt Russell and James Spader. An Egyptologist and a US military team pass through a teleportation gate leading to another world. (1994, PG, 125min) ★★★★
10.10 **The Meg** Action thriller starring Jason Statham and Li Bingbing. (2018, 12, 113min) ★★★

12.05 AM **The Collector** Thriller. (1965, 15, 119min) ★★★
2.15 **The Man Who Fell to Earth** Sci-fi fantasy with David Bowie. (1976, 18, 140min) ★★★★
4.35 **to 6.10** AM **Zombie Town** Horror comedy starring Marlon Kazadi. (2023, 12, 92min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.30 AM **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
9.00 **The SpongeBob SquarePants Movie** (2004, U) ★★★★
10.45 **Daddy Day Camp** (2007) ★★
12.25 PM **The Spiderwick Chronicles** (2008, PG) ★★★★
2.10 **Reuniting the Rubins** (2010) ★
4.00 **Harold and the Purple Crayon** (2024, PG) ★★★
5.35 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
7.05 **Stuart Little** (1999) ★★★★★

5.35 The Cat in the Hat

8.40 **Stuart Little 2** Fantasy sequel with the voices of Michael J Fox and Melanie Griffith. Romance enters the life of talking mouse Stuart Little. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Karate Kid** Martial arts adventure starring Ralph Macchio as a teenager who learns karate to combat the local motorcycle gang. (1984, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Friend or Foe** Family drama. (1981, U, 70min) ★★★
1.40 **Paul Blart: Mall Cop 2** Comedy sequel starring Kevin James. (2015, PG, 92min) ★★
3.20 **My Penguin Friend** Drama. (2024, PG, 105min) ★★★★
5.05 **to 7.15** AM **Ride On** Action drama starring Jackie Chan. (2023, PG, 126min) ★★★

Sky Cinema Action

307 307 407 507 521

7.20 AM **R.I.P.D** As 12.30am.
9.10 **Ghost Rider: Spirit of Vengeance** As 2.30am.
11.00 **Iron Monkey** As 4.15am.
12.40 PM **The Italian Job** Thriller inspired by the classic 1960s film. (2003, 12, 110min) ★★★
2.40 **The Killer** Action thriller. (2024, 15, 125min) ★★★★
4.45 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
6.20 **Hancock** Action comedy. (2008, 12, 92min) ★★★

6.20 Hancock

8.00 **Fast & Furious 7** Action thriller sequel starring Vin Diesel and Paul Walker. A rogue special forces assassin seeks revenge against Dom, Brian and their crew for putting his brother in a coma. With Dwayne Johnson, and Jason Statham. (2015, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Twister** Disaster movie starring Helen Hunt, Bill Paxton and Jami Gertz. (1996, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **R.I.P.D** Action comedy. (2013, 12, 96min) ★★★
2.10 **The Cinema List: Swords and Sandals**
2.30 **Ghost Rider: Spirit of Vengeance** Action adventure sequel. (2012, 12, 91min) ★★
4.15 **Iron Monkey** Action thriller. (1993, 12, 90min) ★★★
5.55 **to 7.50** AM **Project A, Part II** Comedy adventure sequel. (1987, 15, 94min) ★★★

Sky Cinema Buddy Films

308 308 408 508 522

7.10 AM **Ferris Bueller's Day Off**
8.55 **Beverly Hills Cop** As 11.40pm.
10.45 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
12.35 PM **Knocked Up** Comedy. (2007, 15, 129min) ★★★★
2.45 **Mean Girls** Musical adaptation of the 2004 teen comedy. (2023, 12, 112min) ★★★
4.40 **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
6.30 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★

6.30 Ace Venture Pet Detective

8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey. Pet detective Ace Ventura searches for a sacred white bat in Africa. With Ian McNeice. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Truman Show** Comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney and Ed Harris. (1997, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
1.40 AM **The Cable Guy** Black comedy starring Jim Carrey. (1996, 12, 96min) ★★★★
3.25 **Ferris Bueller's Day Off** Teen comedy from John Hughes. (1986, 12, 103min) ★★★★
5.25 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Thriller

309 309 409 509 523

6.25 AM **Barber** As 3.55am.
8.10 **Unhinged** As 6.15pm.
9.55 **Mona Lisa and the Blood Moon** As shown at 10.05pm.
11.55 **The Dry** Crime drama. (2020, 15, 117min) ★★★★
2.05 PM **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★
4.20 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
6.15 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★

6.15 Unhinged

8.00 **Split** Director M Night Shyamalan's thriller starring James McAvoy and Anya Taylor-Joy. After being abducted by a kidnapper with multiple personalities, three young women are engaged in a fight for survival. (2016, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Mona Lisa and the Blood Moon** Mystery thriller starring Ed Skrein and Kate Hudson. A girl with unusual powers escapes from a mental asylum and tries to make it on her own in New Orleans. (2021, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Along Came a Spider** Thriller with Morgan Freeman. (2001, 15, 103min) ★★★
2.00 **Nighthawks** Action thriller. (1981, 18, 99min) ★★★
3.55 **Barber** Mystery drama. (2023, 15, 90min) ★★★
5.40 **to 7.50** AM **The Dry** (2020)

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Patton** Wartime biopic. (1969, PG, 163min) ★★★★
2.20 PM **Hell is a City** Thriller. (1959, b/w, PG, 100min) ★★★
4.15 **El Dorado** Howard Hawks Western starring John Wayne. (1966, PG, 126min) ★★★★
6.50 **One Day** Bittersweet romantic drama based on the novel by David Nicholls, starring Anne Hathaway and Jim Sturgess. (2011, 12, 107min) ★★★★

6.50 One Day

One Day (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Mission: Impossible – Rogue Nation** Spy thriller sequel starring Tom Cruise and Jeremy Renner. The agents of the Impossible Mission Force become fugitives in order to bring down a shadowy society of assassins. (2015, 12, 131min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Taken** Action thriller starring Liam Neeson and Maggie Grace. A divorced ex-spy attempts to rescue his abducted daughter from a gang of sex traffickers in Paris. (2008, 18, 90min) ★★★★
1.30 **to 3.30** AM **Little Fockers** Comedy sequel starring Ben Stiller and Robert De Niro. (2010, 12, 94min) ★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

6.35 AM **A Place Called Silence**
8.45 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
10.30 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★
1.35 PM **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★
3.10 **Between the Temples** Comedy. (2024, 15, 111min) ★★★★

5.10 **Wicked** Musical fantasy starring Cynthia Erivo, Ariana Grande and Jeff Goldblum. (2024, PG, 160min) ★★★★
8.00 **Your Monster** Romantic comedy horror starring Melissa Barrera and Tommy Dewey. (2024, 15, 104min) ★★★★
9.45 **Anora** Comedy drama starring Mikey Madison. A sex worker marries the son of an oligarch, but his family in Russia try to get the marriage annulled. (2024, 18, 139min) ★★★★★

12.10 AM **MaXXXine** Thriller starring Mia Goth and Lily Collins. (2024, 18, 110min) ★★★
2.00 **A Place Called Silence** Chinese thriller with Eric Wang. Subtitled. (2024, 15, 119min) ★★★
4.05 **to 6.00** AM **Omni Loop** Sci-fi drama. (2024, 12, 112min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.45 AM **Ben-Hur** As 12.30am.
10.25 **Young Guns II: Blaze of Glory**
12.10 PM **Hudson Hawk** Action comedy. (1991, 15, 97min) ★★★
2.05 **Enter the Dragon** Action thriller. (1973, 18, 97min) ★★★★
3.50 **True Grit** Oscar-winning Western starring John Wayne. (1969, PG, 128min) ★★★★★
6.00 **Shane** Classic Western. (1953, PG, 118min) ★★★★★

8.00 **High Plains Drifter** Western directed by and starring Clint Eastwood. A mysterious gunslinger is hired to protect a remote frontier town from three vengeful outlaws. (1972, 18, 105min) ★★★★
9.50 **The Bridge on the River Kwai** David Lean's World War Two drama starring Alec Guinness and William Holden. PoWs held by the Japanese are forced to build a strategic railway bridge. (1957, PG, 161min) ★★★★★

12.30 AM **Ben-Hur** Spectacular multi-Oscar-winning epic starring Charlton Heston. (1959, PG, 212min) ★★★★★
4.20 **Sky Cinema Preview**
5.20 **to 7.20** AM **Young Guns II: Blaze of Glory** Western sequel. (1990, 15, 104min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.15 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★★
8.10 **Antz** Animated comedy. (1998, PG, 83min) ★★★
9.40 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
11.25 **10 Lives** Animated comedy. (2024, U, 98min) ★★★

12.55 PM **The Pirates! In an Adventure with Scientists** Comedy. (2012, U) ★★★★
2.35 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
4.00 **Open Season** Animation. (2006, PG, 86min) ★★★★
5.35 **Open Season 2** Animated sequel. (2008, PG, 73min) ★★★
7.00 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
8.35 **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★

10.30 **Scarygirl** (2023, PG) ★★★
12.05 AM **Rebellious** (2024, PG) ★★★
1.50 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the...**
3.20 **Sinbad: Legend of the Seven Seas** (2003, U) ★★★★
4.55 **to 6.30** AM **Spirit: Stallion of the Cimarron** (2002, U) ★★★

Movies 24

312 313 419

7.00 AM **Twas the Night Before Christmas** Festive drama. (2022, PG, 84min) ★★
9.00 **Christmas with a Kiss** Festive drama. (2023, PG, 85min) ★★
11.00 **Magic in Mistletoe Country** Drama. (2023, PG, 90min) ★★
1.00 PM **To All a Good Night** Festive drama. (2023, PG, 90min) ★★
3.00 **The Winter Palace** Romantic drama. (2022, PG, 85min) ★★

5.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
7.00 **Christmas Under the Lights** Festive romance with Heather Hemmens and Marco Grazzini. (2024, PG, 120min) ★★
9.00 **A Lot Like Christmas** Festive romantic comedy starring Maggie Lawson and Christopher Russell. A marketing executive helps the owner of a small town tree farm to compete with a high-profile chain store. (2021, PG, 86min) ★★

11.00 **To Have and To Holiday** Festive drama. (2024, PG, 90min) ★★
1.00 AM **Christmas Bedtime Stories** Drama. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Making Spirits Bright** Drama. (2021, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Music Hall** Musical. (1934, b/w, PG, 73min) ★★★
7.20 **Operation Diplomat** Drama. (1953, b/w, U, 70min) ★★
8.40 **Look at Life**
8.55 **Girdle of Gold** Comedy. (1952, b/w, U, 60min) ★★
10.10 **Cat and Mouse** Thriller. (1958, 15, 79min) ★★★
11.40 **Crooks Anonymous** Comedy. (1962, b/w, U, 87min) ★★

1.25 PM **How You See It**
1.35 **They Came from Beyond Space** Chiller. (1967, PG, 85min) ★★
3.20 **Cash on Demand** Crime thriller. (1961, b/w, PG, 84min)
5.00 **Look at Life**
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Four Star Theatre** 11/19. (S1)
7.05 **Batman** 17/60. (S2)
7.35 **Dial 999** 28/39. (S1)
8.10 **Where Has Poor Mickey Gone?** Fantasy. (1964, b/w, 18) ★★★
9.20 **Bob & Carol & Ted & Alice** Erotic comedy. (1969, 15) ★★★

11.30 **Lifeforce** Offbeat sci-fi chiller. (1985, 18, 101min) ★
1.50 AM **The Man Who Turned to Stone** Horror. (1957, b/w, 18) ★★
3.25 **Hammer House of Mystery and Suspense** 3/13. (S1)
4.55 **Europe in 25 Questions**
5.30 **to 6.00** AM **Beverly Hillbillies**

TUESDAY Sport 15 July

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **LIVE The Open** Coverage from the practice range at Royal Portrush in County Antrim, as the players fine-tune preparations for the third Major of the year, which gets under way on Thursday.
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
2.30 **LIVE Women's Vitality T20 Blast Durham v Surrey.** Coverage of the group match from Banks Homes Riverside in Chester-le-Street. Durham struggled in the early stages of the campaign, while Surrey have made an excellent start and will be hopeful of challenging for the title.
5.45 **Sports Centre**
6.30 **LIVE Vitality T20 Blast Cricket Durham v Leicestershire Foxes.** Coverage of the North Group match staged at Banks Homes Riverside in Chester-le-Street.
9.45 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** Leicester City v West Ham United from 2016.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Action from Brighton v Fulham.
5.30 Highlights of Brighton v Ipswich Town at Amex Stadium.
6.00 Brighton v Leicester City.
6.30 Highlights from Brighton v West Ham Utd at Amex Stadium.
7.00 Action from Brighton v Wolverhampton Wanderers.
7.30 Chelsea v Brighton.
8.00 **Gary Neville's Soccerbox**
9.00 **Newcastle: The Entertainers**
9.30 **Sticker Book** Bruno Fernandes.
9.45 **Unpacked** Arne Slot.
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
8.00 **1983: When Aberdeen Ruled Europe** Documentary.
9.00 **EFL Greatest Games**
9.30 **Championship Season Review**
11.00 **Best Goals: EFL Cup 23/24**
11.30 **EFL Trophy** The 2023/24 final.
12.00 NOON **Championship Retro** Blackpool v Cardiff City in the 2010 Championship play-off final.
2.00 PM **Best Moments from the Championship Play-Off Final**
2.30 **Best Moments from the League 1 & 2 Play-Off Final**
3.00 **EFL Greatest Games**
4.00 **EFL Cup Retro** Chelsea v Tottenham Hotspur from 2015.
5.00 **There's Only One Sauzee**
5.30 **Dundee United: Champions 83**
6.00 **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Liverpool v Manchester City in the 2016 final.
11.00 **1983: When Aberdeen Ruled Europe** The story of the greatest year in the history of Aberdeen.
12.00 M'T **EFL** Action from three Championship play-off finals.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **The Film Room: England v India**
7.30 **Made in Yorkshire: Joe Root**
8.00 **Test Cricket** England v India.
2.25 PM **LIVE Women's Vitality T20 Blast Durham v Surrey.** Coverage of the group match staged at Banks Homes Riverside in Chester-le-Street.
5.45 **Best of England v India**
6.15 **Ashes Greats** Adam Gilchrist.
6.25 **LIVE Vitality T20 Blast Cricket Durham v Leicestershire Foxes.** Coverage of the North Group match from Banks Homes Riverside. These two sides met last year in a relatively low-scoring affair that saw the visitors win by 10 runs. Leicestershire made 140-8 in their 20 overs, before the hosts were restricted to 130-8 in their reply despite Graham Clark's unbeaten 53 from 56 balls.
9.45 **Ashes Greats** Player profiles.
10.15 **Best of England v India**
11.45 **Test Cricket Bitesize**
1.00 AM **Women's Vitality T20 Blast**
4.20 **Best of England v India**
5.00 **Best of ICC WT20**
5.45 **to 6.00** AM **Test Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **The Open Films: Ballesteros 1979**
7.00 **The Open – Official Films**
8.00 **Chronicles of a Champion Golfer** A profile of Darren Clarke.
8.30 **DP World Tour Golf**
9.00 **LIVE The Open** Coverage from the practice range at Royal Portrush in County Antrim, as the players fine-tune preparations for the third Major of the year, which gets under way on Thursday.
12.00 NOON **This Is Open Country**
1.00 PM **Golf's Greatest Holes**
2.00 **LIVE The Open** Further coverage on the practice range at Royal Portrush ahead of the Major.
6.00 **This Is Open Country**
7.00 **The Open** At Royal Portrush.
11.00 **The Open – Official Films**
1.00 AM **Golf's Greatest Holes**
2.00 **to 6.00** AM **The Open – Official Films**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **TCR World Tour Review**
7.30 **SailGP – Racing on the Edge**
8.00 **T20 Cricket Highlights** Action from Sri Lanka v Bangladesh.
9.00 **Test Cricket Highlights** West Indies v Australia at Sabina Park.
10.00 **Wimbledon** Highlights from days 13 and 14 at the All England Club.
1.00 PM **MotoGP** Action from the MotoGP Grand Prix of Germany.
2.00 **MotoGP Chequered Flag** Post-race show following the Grand Prix of Germany.
3.00 **MLB** The Home Run Derby.
5.00 **BMX Racing** Action from the ECH Valmeira in Latvia.
6.00 **Race Bikes** Steve Peat in 2009.
6.30 **Premier League Stories**
7.00 **Wimbledon** Highlights from days 13 and 14 at the All England Club.
10.00 **Tom Aspinall's Fight Lab**
10.30 **Race Bikes** A look at Britain's Steve Peat's UCI World Championship victory in 2009.
11.00 **MLB** The Home Run Derby.
1.00 AM **LIVE MLB** Coverage of the All-Star Game staged at Truist Park in Atlanta, Georgia.
5.30 **to 6.00** AM **MLB Plays of the Week**

TNT Sports 2

411 414 522 409 431

6.00 AM **Motocross World Championship** From Finland.
9.00 **Superbike World Championship Highlights**
10.00 **Fishing: On the Bank**
11.00 **Sign Up – Into Football**
12.00 NOON **The WRC Magazine** Action from the World Rally Championship and Rally Estonia.
12.30 PM **T20 Cricket Highlights** Sri Lanka v Bangladesh at Rangiri Dambulla International Stadium.
1.30 **AFL** A chance to see Richmond Tigers v Essendon Bombers.
3.00 A replay of Fremantle Dockers v Hawthorn Hawks.
4.30 Another chance to see St Kilda Saints v Sydney Swans.
6.00 **TNT Sports Cricket Reload** A look back at Sri Lanka v Bangladesh in the second T20.
6.15 **Test Cricket Highlights**
7.15 **LIVE Test Cricket West Indies v Australia.** Coverage of the fourth day of the third and final Test from Sabina Park in Kingston.
3.30 AM **TNT Sports Cricket Reload**
3.45 **Fight Week** UFC 318 preview.
4.30 **WNBA** Fever v Wings.
5.30 **to 6.00** AM **UEFA Champions League – Classics**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **The Rugby Championship** Australia v South Africa in 2024.
8.00 **Women's World Matchplay Darts** Action from the 2022 competition at Winter Gardens.
12.00 NOON **World Matchplay Darts** Another chance to see the 2022 final at Winter Gardens, Blackpool.
2.00 PM **British and Irish Lions Tour** Recent warm-up matches.
4.00 **The Rugby Championship** Australia v South Africa staged at Optus Stadium in 2024.
6.00 **World Matchplay Darts** Another chance to see the 2022 final at Winter Gardens, Blackpool.
8.00 **British and Irish Lions Tour** Action from recent matches.
11.00 **Lions Tour 2021: Two Sides** Documentary featuring footage of the Springbok and Lions camps during the 2021 tour of South Africa, completed against the backdrop of a global pandemic.
12.00 M'T **British and Irish Lions Tour** Highlights of the three-match series between New Zealand and British & Irish Lions in 2017.
3.00 AM **The Rugby Championship** Australia v South Africa at Suncorp Stadium from 2024.
5.15 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **Good Morning Sports Fans**
8.30 **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the ATP Los Cabos Open at Cabo Sports Complex in Mexico, ATP Swedish Open at Båstad Tennis Stadium, ATP Swiss Open Gstaad at Roy Emerson Arena, WTA Iasi Open from Baza Sportiva Ciric, and WTA Hamburg Open staged at Am Rothenbaum.
8.00 PM **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with headline-makers.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **EFL Highlights** Action from Chesterfield v Walsall.
12.30 AM Highlights of Notts County v AFC Wimbledon.
1.00 Walsall v Chesterfield at Poundland Bescot Stadium.
1.30 Highlights from AFC Wimbledon v Notts County at Cherry Red Records Stadium.
2.00 Action from AFC Wimbledon v Walsall in the League Two play-off final.
3.00 **to 6.00** AM **EFL Highlights**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **LIVE ATP Tennis** Coverage of day one of the ATP Los Cabos Open, a hard-court tournament at Cabo Sports Complex in Mexico.
8.00 **WTA & ATP Tennis**
8.30 **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the ATP Los Cabos Open, ATP Swedish Open, ATP Swiss Open Gstaad, WTA Iasi Open and WTA Hamburg Open.
8.00 PM **Tennis** Miami Open review.
9.00 **ATP Tennis** The Mallorca Championships final in Spain.
10.00 **ATP Tennis** Halle Open final.
11.00 **WTA Tennis** Stuttgart Open final.
12.00 M'T **Bitesize Tennis**
12.45 AM **Frances Tiafoe Podcast**
1.00 **ATP Tennis** Rotterdam Open.
2.00 **to 6.00** AM **LIVE ATP Tennis** Coverage of day two of the ATP Los Cabos Open staged at Cabo Sports Complex in Mexico.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Ladies European Tour Golf**
8.00 **Asian Tour Golf** From Morocco.
9.00 **Formula 1** Recent action.
11.00 **Chronicles of a Champion Golfer** A profile of Tony Jacklin.
11.30 **DP World Tour Golf**
12.00 NOON **LPGA Tour Golf**
1.00 PM **Ladies European Tour Golf**
2.00 **PL Greatest Games**
3.00 **Test Cricket** England v India.
6.00 **Formula 1** Japanese Grand Prix.
7.00 The Bahrain Grand Prix.
8.00 **DP World Tour Golf**
9.00 **Golf's Greatest Holes**
10.00 **Ladies European Tour Golf**
11.00 **DP World Tour Golf**
12.00 M'T **PL Greatest Games**
1.00 AM **Formula 1** Recent action.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **The Open – Official Films**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** A replay of Liverpool v Sheffield United.
7.30 Crystal Palace v Man City.
9.00 Newcastle Utd v Tottenham.
10.30 West Ham Utd v Liverpool.
12.00 NOON **Premier League** Aston Villa v Chelsea from Villa Park.
1.30 PM Arsenal v Bournemouth.
3.00 Fulham v Man City.
4.30 Arsenal v Everton.
6.00 **MotoGP** Grand Prix of Germany.
9.30 **MotoGP Chequered Flag**
10.30 **British Speedway** Highlights of Sheffield Tigers v Oxford Spires.
11.30 **Superbike Rewind** Action from the seventh round of the Superbike World Championship.
11.45 **MotoGP Rewind** A look back at the best of the action from the MotoGP Grand Prix of Germany.
12.00 M'T **FIA World Endurance Championship Highlights**
1.00 AM **TCR World Tour Review**
1.30 **MotoGP** Grand Prix of Germany.
5.00 **to 6.00** AM **MotoGP Chequered Flag**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Four match replays.
12.00 NOON **AFL** Port Adelaide Power v West Coast Eagles.
1.30 PM **WNBA** Recent action.
3.30 **Motocross World Championship** Action from the MX2 and MXGP races in Finland.
6.30 **The Gruppetto** The Tour de France up until the first rest day.
6.45 **AFL** Carlton Blues v Brisbane Lions.
8.15 A chance to see Gold Coast Suns v Collingwood Magpies.
9.45 A chance to see Western Bulldogs v Adelaide Crows.
11.15 Another chance to see GWS Giants v Geelong Cats.
12.45 AM **BMX Racing** Action from the ECH Valmeira in Latvia.
1.45 **The Gruppetto** Cycling action.
2.00 **SailGP – Racing on the Edge**
2.30 **Gallagher Premiership Rugby Union** The 2024/25 season.
4.00 **Born Racers** At the Rookies Cup.
5.15 **to 6.00** AM **WRC: More Than Machine**

Premier Sports 1

419 551

6.00 AM **PSA Squash Highlights**
7.00 **Trail Menorca** Recent action.
7.30 **DTM Highlights** In Norisring.
8.30 **UK Independent Kart Racing**
10.00 **Euro Le Mans Highlights**
11.00 **Michelin Le Mans Cup**
11.30 **Transworld Sport** Magazine.
12.30 PM **FIM Sidecarcross**
1.30 **World Surf League**
2.30 **Ultimate Karting Championship**
5.30 **PSA Squash Highlights**
6.30 **Transworld Sport** Magazine.
7.30 **Michelin Le Mans Cup**
8.00 **NASCAR Highlights**
9.00 **Euro Le Mans Highlights**
10.00 **LaLiga Specials** Goalkeepers.
10.30 **UK Independent Kart Racing** The fifth round of the season.
12.00 M'T **DTM Highlights**
1.00 AM **LaLiga Specials**
1.30 **Michelin Le Mans Cup**
2.00 **NASCAR Highlights**
3.00 **Euro Le Mans Highlights**
4.00 **Transworld Sport** Magazine.
5.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **Bike World** Magazine.
9.30 **FastZone** Motorsport highlights.
10.00 **GP Confidential** F1 news.
10.30 **CONCACAF Gold Cup**
12.30 PM **Football's Greatest**
1.00 **CONCACAF Gold Cup** Canada v Guatemala the third quarter-final.
3.30 **LaLiga Specials** Goalkeepers from the 2024/25 season.
3.45 **CONCACAF Gold Cup** Another chance to see USA v Costa Rica in the fourth quarter-final.
6.00 **Coppa Italia** A chance to see Bologna v AC Milan in the final.
8.00 **NHL Ice Hockey** Edmonton Oilers v Florida Panthers.
11.00 **NHL: This is Hockey**
12.00 M'T **United Rugby Championship** A chance to see Leinster v Bulls in the Grand Final.
2.00 AM **Temples of Sport**
2.30 **LaLiga Specials** Goalkeepers.
2.45 **CONCACAF Gold Cup**
5.00 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Indy NXT** Highlights.
7.00 **Indycar** Recent action.
11.30 **British GT Championship**
2.35 PM **Indy NXT** The Grand Prix at Road America in Newton, Iowa.
3.35 **Indycar** The Synk 275.
5.35 The Farm to Finish 275.
8.05 **Formula 1** Action from the British Grand Prix, the 12th round of the season at Silverstone.
9.00 **Indycar** The Synk 275.
10.00 The Farm to Finish 275.
11.00 **Indy NXT** The Grand Prix at Road America in Newton, Iowa.
12.00 M'T **Formula 1** British Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday

SEE WHATTOWATCH.COM FOR SCHEDULE UPDATES

16 July

Evening Planner

Wednesday

Drama

Bookish

U&Alibi, 8pm & 9.10pm (box set, Sky Box Sets, Virgin TV Box Sets & NOW)

Mark Gatiss wrote and stars in this crime drama as bookshop owner Gabriel Book.

Documentary

SOS: Extreme Rescues

BBC2, 7pm (box set, BBC iPlayer)

Cameras follow mountain rescue services in Snowdonia as they help people in peril in the stunning but unforgiving landscape.

Documentary

Death of a Showjumper

Sky Documentaries & Sky Showcase, 9pm (box set, Sky Box Sets & NOW)

The investigation into the death of promising showjumper Katie Simpson.

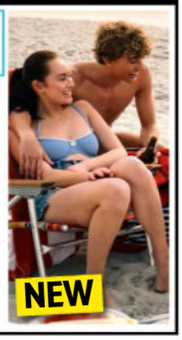
OnDemand

prime

The Summer I Turned Pretty

Available today

The teenage trials and tribulations continue for Belly and Jeremiah in this final season.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives...	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 Not Going Out	9.30 Would I Lie to...	10.00 News; Local News	10.40 High...
	102 BBC2	7.00 SOS: Extreme...	7.30 The Sycamore...	8.00 Digging for Britain		9.00 Mix Tape		10.00 Rev	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Long Lost Family		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Can't Sell, Must Sell		9.00 The Couple Next Door		10.00 Gogglebox	
	105 5	7.00 Cornwall: A Year by the Sea		8.00 Call the Bailiffs: Time to Pay Up		9.00 Insomnia		10.05 The Child Snatcher: Little Girl Lost	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Great Barrier Reef with David...		9.00 Death of a Showjumper			
ENTERTAINMENT	115 BBC3	7.00 Deadly Predators		8.00 Top Gear		9.00 Ghosts US		10.00 Pretty Little Liars: Original Sin	
	116 BBC4	7.00 A Summer...	7.30 Canal Boat...	8.00 Meet the Romans with Mary Beard		9.00 Dinosaurs, Myths and Monsters		10.15 Cutting It	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Extraordinary	10.40 Family...
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 Grand Designs		10.00 Location, Location, Location Australia	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Fire Country			
	108 SKY ATLANTIC	‹ 6.45 Westworld		7.55 Game of Thrones		9.00 The White Lotus		10.10 True Detective	
	110 U&GOLD	‹ 6.40 Are...	7.20 Dad's Army	8.00 Still Open All Hours	8.40 The Vicar of Dibley			10.00 The Royle Family	10.35 The Fast...
	111 U&DAVE	7.00 Would I Lie to You? At...	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 Tour de France Highlights		8.00 Film: Jaws: The Revenge				9.55 Film: Police Academy 6: City Under Siege	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Al Murray: One Man, One Guvnor Uncut		10.00 8 Out of 10 Cats	
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 From the Earth to the Moon		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Agatha Raisin				10.00 Film: Final Score	
	109 U&ALIBI	7.00 Beyond Paradise		8.00 Bookish					10.20 Father Brown
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Bill Bailey's Master Crafters: The Next...		9.00 Stories from Tate Britain		10.00 David Hockney: A Celebration	
	132 U&W	7.00 The Shift: Women on the Force		8.00 Side Hustlers		9.00 Kathy Burke's All Woman		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Street Outlaws: Locals Only		10.00 Roadworthy Rescues	
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Secret Nazi Science		9.00 Nazi Death Camp: The Great Escape		10.00 Hitler's Last Stand	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 Death Coast		10.00 Deadman's Curse	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Secret Nazi Bases		9.00 Equator		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 The Wimbledon Kidnapping				9.00 Death of a Showjumper			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 Sharp Corner		8.00 Wicked					
	302 2025 RECAP	‹ 5.45 William Tell		8.00 Cleaner			9.45 MaXXXine		
	303 HITS	‹ 5.45 It		8.00 The Amazing Spider-Man					10.20 Stargate
	304 GREATS	‹ 6.10 The Italian Job		8.00 Dirty Harry				10.00 Rear Window	
	305 ANIMATION		7.10 The Lego Ninjago Movie			8.55 Rock Dog 2: Rock Around the Park			10.30 Sinbad...
	306 FAMILY	‹ 5.25 Stardust	7.40 Look Who's Talking Too				9.10 The Karate Kid Part II		
	307 ACTION	‹ 5.50 The Mummy		8.00 The Mummy Returns					10.25 Django Unchained
	308 BUDDY FILMS	‹ 6.20 Wayne's World		8.00 Wayne's World 2			9.45 Bad Boys II		
	309 THRILLER	‹ 6.05 Every Breath You Take		8.00 The Da Vinci Code					
	310 DRAMA	‹ 6.05 Eternal Sunshine of the Spotless Mind		8.00 One Life				9.55 Poison	
	311 SCI-FI	‹ 6.20 Paranormal Activity: The Ghost...		8.00 Men in Black			9.45 The Woman in Black		
	313 FILM4	‹ 6.45 Independence Day: Resurgence				9.00 The Transporter			
SPORT	401 MAIN EVENT	‹ 12.30 Women's International One-Day Cricket – Live: England v India				9.00 Sky Sports News		10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 PL Highlights	8.00 Gary Neville's...	8.30 David James: The One and Only			10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Championship Retro		8.00 EFL Greatest Games				10.00 EFL Cup Final 17	
	404 CRICKET	‹ 12.30 Women's International One-Day Cricket – Live: England v India				9.00 Ashes Greats	9.30 The Film Room...	10.00 Best of England v India	
	410 TNT SPORTS 1		7.15 Test Cricket – Live: West Indies v Australia						
	411 TNT SPORTS 2	‹ 6.30 Ultimate Pool		8.00 MotoGP Highlights		9.00 Tom Aspinall's...	9.30 Fight Week	10.15 UFC Countdown	

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

TONIGHT'S BBC AND ITV SCHEDULES WILL BE AFFECTED BY EURO 2025 SEE WHATTOWATCH.COM FOR UPDATES

Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain** (S)(R)
10.15 **Fraud Squad** New edition The case of a GP manager who stole from the business. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** From Oswestry Showground. (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** New edition Chris Hull and Lee Burkhill create a sustainable garden in Oldbury. (S)
4.30 **Bridge of Lies** Quiz show. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show this evening's football, the schedule will be: **7.15pm** LIVE **Football: Women's Euro 2025** The opening quarter-final from Stade de Genève in Switzerland, as the winners of Group A face the runners-up in Group B. Kick-off is at 8.00. (S) **10.10 BBC News** (S) **10.40 Local News** (S) **10.50 High Country** (S)(R) **12.25am Weather for the Week Ahead** (S) **12.30-6.00am BBC News** (S)

7 PM

7.00 **Our Lives: The Haggis Hunters** New edition Families competing in the World Haggis Championships in Perth. (S)
7.30 **EastEnders** Ravi decides to share a new plan with Harry. (S)(AD)

8 PM

8.00 **Sort Your Life Out with Stacey Solomon** Stacey and a team of experts help families declutter their homes, moving all their possessions into a warehouse, where they are encouraged to recycle and donate items. (S)(R)

9 PM

9.00 **Not Going Out** Series finale 6/6. Lee uses discount vouchers to book a hotel room. (S14) (S)(AD)
■ Entire series on BBC iPlayer
9.30 **Would I Lie to You?** Panellists include James Acaster and Fred Sirieix. (S)(R)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **High Country** 1/8. Australian crime drama starring Leah Purcell, Sara Wiseman and Ian McElhinney. City detective Andie Whitford is back in uniform for a fresh start in a remote community, only to be troubled by disappearances in the area. (S1) (S)(R)(AD)
11.25 **High Country** 2/8. When a local goes missing, Andie alienates people by involving ostracised 'psychic' suspect Damien. Meanwhile, Helen's accountancy leads to a creative arrangement with Rose. (S1) (S)(R)(AD)
12.15 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **A to Z of TV Gardening** (S)(R)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** CBBC presenters Dick and Dom compete. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Ancient Invisible Cities** (S)(R)(AD)
4.15 **The Life of Mammals** (S)(R)(AD)
5.15 **Flog It!** Paul Martin hosts from Lulworth Castle, Dorset. (S)(R)
6.00 **Richard Osman's House of Games** With former winners Nihal Arthanayake, Jay McGuiness, Lucy Porter and Jan Ravens. (S)(R)
6.30 **Robson Green's Weekend Escapes** Robson meets actor Lee Ingleby in Durham. (S)(R)(AD)

7.30 The Sycamore Gap: From Roots...

7.00 NEW SERIES **SOS: Extreme Rescues** A tourist is lost in the dark. (S)
■ Entire series on BBC iPlayer
7.30 NEW **The Sycamore Gap: From Roots to Ruin** A look at the cutting down of the much-loved tree. (S)

8.00 **Digging for Britain** Alice Roberts visits Norfolk to explore an Iron Age hillfort, discovering that fourth-century Romans used it the most, before travelling to a community dig in Lincolnshire. (S)(R)(AD)

9.00 **Mix Tape** New episode 2/4. As Daniel and Alison trade mix tapes back and forth, their passion for music and feelings for one another grow. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Rev** 3/6. Adam takes a stand against the opening of a lapdancing club. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Live Aid at 40: When Rock 'n' Roll Took on the World** 3/3. A look back at the staging of Live 8 in July 2005. (S)(R)(AD)
12.00 M'T **Golf: The Open 2024 Review** A look back at last year's Major at Royal Troon Golf Club. (S)
12.55 AM **Sign Zone: The Moment of Proof** How a cheque helped solve the case of a missing boy. (S)(R)
1.25 **Sign Zone: Policing Paradise** (R)
1.55 **Sign Zone: Ambulance** (S)(R)
2.55 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern is joined by Charlotte Church, Melvin Odoom and Katherine Ryan. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show this evening's football, the schedule will be: **7.15pm** LIVE **Football: Women's Euro 2025** The opening quarter-final from Stade de Genève in Switzerland, as the winners of Group A face the runners-up in Group B. Kick-off is at 8.00. (S) **10.20 ITV News** (S) **10.55 Local News** (S) **11.10** FILM **Jaws** Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. (S)(AD) (1975, 12, 125min) ★★★★★ **1.15-3.00am Teleshopping**

7.30 **Emmerdale** Tracy is shocked by some news, Cain's anger boils over, while Sarah is worried about Charity after her kind offer. (S)(AD)

8.00 **Coronation Street** Kit undergoes emergency surgery, Bernie grows concerned for Brody, Lauren invites Aadi to tea, Nick tackles David about Lily's behaviour, while Debbie refuses to concede defeat. (S)(AD)

9.00 **Long Lost Family** Davina McCall and Nicky Campbell present the stories of two women trying to find birth parents after half a century apart, one looking for her mother, the other her father. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Jaws** Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (S)(AD) (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Teleshopping**
3.00 **Tour de France Highlights** Action from the 11th stage, as the riders returned to the saddle after a rest day to face a route starting and finishing in Toulouse. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Midweek Menu** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 11-15/22. (S2) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 18-21/24. (S5) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Two wannabe property developers team up to transform a wrecked house in Birmingham. (S)(R)
5.00 **Chateau DIY** Matt and Helen prepare to host their first wedding at Château la Briance. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** New edition Yorkshire couple Sally and Kevin search for a retirement retreat in Almería. (S)

8.00 Can't Sell, Must Sell

7.00 **News** (S)

8.00 **Can't Sell, Must Sell** New edition Stuart and Scarlette Douglas are in Newport and Barry in south Wales, transforming one house drowning in clutter and another that's empty and unloved in the hope of selling them on. (S)(AD)

9.00 **The Couple Next Door** New episode 3/6. Jacob plans a surprise weekend in Antwerp for Charlotte – but when an unexpected third person turns up, things take an erotic and dangerous turn. (S2) (S)(AD)
■ Entire series on C4 Streaming

10.00 **Gogglebox** The armchair critics share their thoughts on shows including *Married at First Sight UK*, *The Chase Celebrity Special*, *James May and the Dull Men* and *Love Triangle Australia*. (S)(R)(AD)
11.05 **Celebrity Gogglebox** (S)(SL)(R)
12.05 AM NEW **Love in the Wild: The Real Dating Experiment – Untold** Why young people are ditching dating apps. (S)(SL)(AD)
1.00 **Crime Scene Cleaners** (S)(SL)(R)
1.55 FILM **Kamli** Pakistani drama starring Saba Qamar. Subtitled. (S) (2022, 12, 135min) ★★★★
4.10 **Find It, Fix It, Flog It** (S)(R)
4.25 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

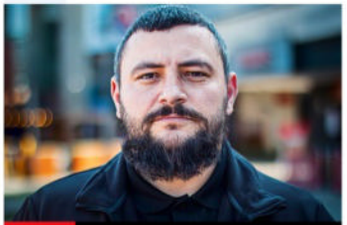
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM PREMIERE** **A Sinful Silence** Crime drama starring Ryan McPartlin. (S) (2024, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Following Jacqueline from Essex as she takes delivery of 500 fish. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Graeme helps a couple who devastated when their two dogs suddenly start fighting. (S)(R)
6.55 **News** (S)



8.00 **Call the Bailiffs**

7.00 **Cornwall: A Year by the Sea** 2/4. Cameras follow mother-and-son pasty-makers Ann and Fergus, and professional surfer Sam. (S)(R)
7.55 **News** (S)

8.00 **Call the Bailiffs: Time to Pay Up** New edition 7/12. Mark and Sam are on the trail of a woman who owes more than a year's worth of rent to a previous landlord. (S)(AD)

9.00 **Insomnia** Series finale *Ah, There You Are:* 6/6. The revelation of a truth about her past leads Emma to the sudden realisation of the extent of the danger her family are really in. (S1) (S)(AD)

10.05 **The Child Snatcher: Little Girl Lost** 1/2. Documentary telling the story of one of the UK's largest murder investigations, with police hunting for a serial killer who abducted and murdered young girls. (S)(R)

11.05 **The Child Snatcher: Little Girl Lost** 2/2. Documentary. (S)(R)
12.05 AM **The Mushroom Poisonings: The Case That Gripped the World** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S8) (S)(R)(AD)
3.45 **Carol Drinkwater's Secret Provence** Documentary. (S)(R)
4.30 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **New Kids in the Wild** (S)(R)(AD)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 1/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *The Principal and the Pauper:* Principal Skinner is exposed as an imposter. With Martin Sheen. (S)(R) **5.30** *Girls Just Shauna Have Fun:* Lisa joins the high-school marching band. (S)(R) **6.00** *Lisa's Sax:* Bart breaks Lisa's treasured saxophone during a squabble. (S)(R) **6.30** *The Cartridge Family:* Homer buys a handgun to protect his family. (S)(R)

9.00 **Death of a Showjumper**

7.00 **The Office (US)** *Dwight K Schrute, (Acting) Manager:* 24/26. Dwight is promoted to manager. (S)(R) **7.30** *Search Committee – Part One:* 25/26. Jim leads a committee to recruit the next manager. (S7) (S)(R)

8.00 **Great Barrier Reef with David Attenborough** 2/3. The veteran broadcaster explores the shark-infested waters of Osprey Reef, before tracking dwarf minke whales to discover their reasons for returning. (S)(R)

9.00 **NEW SERIES** **Death of a Showjumper** 1/3. The events surrounding the death of promising young Northern Irish showjumper Katie Simpson in 2020. *See feature, page 21.* (S)(AD) ■ Entire series on Box Sets

10.00 **Death of a Showjumper** New edition 2/3. Undercover investigators who looked into the death of Katie Simpson reveal what they found, with the finger of suspicion pointing towards her sister's partner (S)(AD)

11.00 **A League of Their Own** With guests Sean Dyche, Tony Bellew and Alan Carr. (S)(R)(AD)
12.00 M'T **An Idiot Abroad** 1/8. Karl Pilkington is sent on a world tour, beginning with a visit to China. (S)(R)(AD)
1.00 AM **The Force: North East** (R)
2.00 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 1/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Teen Predator/ Online Killer (S)(R) **11.10** High Country (S)(R)(AD) **12.00m't** High Country (S)(R)(AD) **12.45-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm **NEW SERIES** SOS: Extreme Rescues (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
8.00-9.00pm Earth's Great Rivers II (S)(R)(AD) **10.00** Hardy Bucks Series finale (S) **10.25-10.30pm** The Chronicles of Strangford New edition (S)

WALES
Sky 968, Freesat 968
7.00-7.30pm The Haggis Hunters – Our Lives (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Garddio a Mwy **1.00** Prynhawn Da New edition **1.55** Newyddion a'r Tywydd **2.00** **LIVE** Seiclo: Tour de France **4.25** Timpo **4.30** Twm Twrch **4.45** Fferm Fach **5.00** Stwnsh **6.00** Arfordir Cymru: Bae Ceredigion **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Hafiach New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France **9.30** Cefn Gwlad (AD) **10.30** Trysorau'r Teulu **11.30pm-12.10am** Mwy Na Daffs a Taffs

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly Predators** 5/7. A look at which predators have the deadliest weapons. **7.30** 6/7. Searching for wild and weird predators.
7.55 **The Catch Up**
8.00 **Top Gear** The presenters build a train using caravans.
9.00 **Ghosts US** New episodes 13/22. Jay inadvertently upsets a restaurant owner. **9.20** 14/22. Elias returns from hell with an offer. **9.40** 15/22. Jay celebrates a good review. (S4)
10.00 **Pretty Little Liars: Original Sin** *Spirit Week:* 1/10. An unknown assailant begins tormenting a disparate group of teen girls. **10.55** *The Spirit Queen:* 2/10. Imogen and her new friends plot revenge. (S1)
11.45 **The Tooney and Russo Show** New edition
12.20 AM **Things You Should Have Done** 3&4/6. (S1)
1.10 **Brickies** Double bill.
2.10 **Top Gear** As 8.00pm.
3.10 **to 4.00** AM **Things You Should Have Done**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Gloucestershire.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Kirstie and Phil meet Lucy and Lynton in East Grinstead, West Sussex.
6.55 **The Dog House Australia** New edition Self-confessed dog lady Jill wants to find a new friend for her 'fur child'.
7.55 **The Dog House** Beth and Jemima are looking for an outgoing pup who can fit in their friendship group, but Ollie the spaniel needs to stop chasing balls long enough to meet them.
9.00 **Grand Designs** HR and technology directors Sarah and Pip plan to transform a 150-year-old barn into a modern five-bedroom home on a budget of £420,000.
10.00 **Location, Location, Location Australia** New edition Parents-to-be Ellen and Nelson hope to find their dream family home in the Sutherland Shire before their first baby is born.
11.00 **999: On the Front Line**
12.05 AM **Emergency Helicopter Medics**
1.10 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey: The Severn** Angela joins the Severn Area Rescue Association a training exercise.
7.30 **Canal Boat Diaries** Robbie navigates the River Severn.
8.00 **Meet the Romans with Mary Beard** 3/3. Typical family life in ancient Rome.
9.00 **Dinosaurs, Myths and Monsters** Historical interpretations of prehistoric remains and fossils.
10.00 **NEW** **Debbie Horsfield Remembers... Cutting It** The writer talks about her 2002 drama *Cutting It*.
10.15 **Cutting It** 1/6. Drama set in a Manchester hairdressing salon. Stars Sarah Parish and Amanda Holden. **11.15** 2/6. Allie becomes worried about the number of clients she is losing. (S1)
12.15 AM **The Sky at Night**
12.45 **A Summer Journey: The Severn** As 7.00pm.
1.15 **Canal Boat Diaries**
1.45 **Meet the Romans...**
2.45 **to 3.45** AM **Dinosaurs, Myths and Monsters**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Simpson Christmas Stories.*
7.00 **Hollyoaks** Sienna throws a pre-wedding party for Jez and John Paul.
7.30 **The Simpsons** *Throw Grampa from the Dane:* An insurance payout sends the family on a trip to Denmark.
8.00 **Below Deck** New edition After learning some heartbreaking information about Cat, Fraser urges Barbie to be kinder to her.
9.00 **Gogglebox** Views on *Rise and Fall* and *Dr Down Below*.
10.00 **First Dates** A 34-year-old plumber seeks romance.
11.05 **Naked Attraction**
12.10 AM **The Big Bang Theory**
1.10 **Brooklyn Nine-Nine**
2.10 **The Goldbergs**
3.05 **Modern Family**
3.30 **Below Deck**
4.25 **Ramsay's Kitchen Nightmares USA**
5.20 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

- 6.00 AM **Stop, Search, Seize**
- 7.00 **Border Security: Canada's Front Line** Double bill.
- 8.00 **Border Patrol** Double bill.
- 9.00 **Sun, Sea and A&E**
- 10.00 **Stop, Search, Seize**
- 11.00 **Bondi Rescue** Double bill.
- 12.00 NOON **The Good Doctor** (S6)
- 1.00 PM **FBI** 12/15. (S3)
- 2.00 **FBI: Most Wanted** 11/15. The team go after a vengeful vigilante following a small-town double murder. (S2)
- 3.00 **Caught Red Handed**
- 4.30 **Nothing to Declare**

8.00 Caught on Dashcam

Sky Atlantic

108/109 108/109 342 357

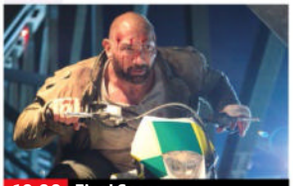
- 6.00 AM **Fish Town**
- 8.00 **The Sopranos** 12&13/21. (S6)
- 10.05 **Westworld** 7&8/8. (S4)
- 12.20 PM **Game of Thrones** (S8)
- 1.25 **Domina** 3/8. Livia learns the truth about Gemina.
- **2.30** 4/8. Livia is drawn back into the politics of Rome. (S2)
- 3.35 **The Sopranos** 12/21. Christopher tries to overcome his addictions.
- **4.40** 13/21. Tony celebrates his birthday at the lake. (S6)
- 5.45 **Westworld** 7/8. Charlotte's plans come together. (S4)

9.00 The White Lotus

Sky Max

113/114 109/110 111 346 361

- 6.00 AM **Hawaii Five-0** (S9)
- 8.00 **The Flash** 9/13. (S9)
- 9.00 **Stargate Atlantis** (S1)
- 11.00 **SEAL Team** 15/22. (S1)
- 12.00 NOON **The Flash** 10/13. (S9)
- 1.00 PM **Hawaii Five-0** (S9)
- 3.00 **NCIS: Los Angeles** 6/22. (S13)
- 4.00 **S.W.A.T.** 1/22. (S5)
- 5.00 **SEAL Team** 14/22. Mandy discovers some disturbing information. (S1)
- 6.00 **Stargate Atlantis** 13/20. The city is forced to shut down completely by the outbreak of a potentially fatal virus. (S1)



10.00 Final Score

ITV2

118 122 115 6 113 6

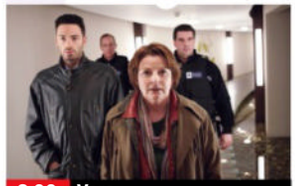
- 6.00 AM **Highlights**
- 8.10 **Georgia and Tommy**
- 9.05 **The Only Way Is Essex**
- 10.05 **Real Housewives of Miami**
- 11.05 **Real Housewives of Salt...**
- 12.05 PM **Dinner Date**
- 1.05 **Georgia and Tommy**
- 2.05 **The Only Way Is Essex**
- 3.05 **Million Dollar Listing: LA**
- 4.00 **Real Housewives of Miami** New edition Reality series.
- 5.00 **Real Housewives of Salt Lake City** Reality series.
- 6.00 **Celebrity Catchphrase**

10.05 Extraordinary

ITV3

119 123 117 10 115 7

- 6.00 AM **Classic Emmerdale**
- 7.00 **Classic Coronation Street**
- 8.10 **Where the Heart Is**
- 10.30 **The Royal** *Busman's Holiday.*
- 11.35 **Heartbeat** Double bill.
- 1.40 PM **Classic Emmerdale**
- 2.40 **Classic Coronation Street**
- 3.40 **Midsomer Murders** *Who Killed Cock Robin?* Barnaby encounters an adversary. Guest stars Larry Lamb.
- 5.50 **Heartbeat** *Fair Game:* A woman's attempt to cool her husband's ardour has tragic and unexpected consequences.



8.00 Vera

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

6.45 Westworld *Que Sera, Sera:* 8/8. Hale is furious when William changes the game's difficulty. (S4)
7.55 Game of Thrones *A Knight of the Seven Kingdoms:* 2/6. Daenerys learns the truth about her relationship with Jon. (S8)

7.00 Stargate Atlantis *Sanctuary:* 14/20. The team stumble upon an unexplored planet. (S1)

7.00 Deal or No Deal Stephen Mulhern hosts as Alicia takes on the Banker for the chance to win life-changing money.

6.55 Heartbeat *Red Herring:* A Russian sailor claims political asylum when his ship docks in Whitby.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 Agatha Raisin *Love from Hell:* 3/4. When James vanishes after a blazing row with Agatha, leaving behind only a trail of blood and a dead body, everyone is left fearing the worst. (S3)

8.00 Million Dollar Listing: LA Flagg and Altman team up to sell a deluxe apartment in the sky.

8.00 Vera *Silent Voices:* The detective investigates the murder of popular social worker Jenny Lister and an infamous past case involving the death of a child appears to hold the key to solving the mystery.

9 PM

9.00 Fire Country *I Know It Feels Impossible:* 22/22. A huge mudslide tears through Edgewater. (S1)

9.00 The White Lotus *Ciao:* 1/7. A group of demanding holiday makers arrive at a luxury resort in Sicily. (S2)

9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10 PM

10.00 Fire Country *Something's Coming:* 1/10. The Station 42 crew respond to an earthquake that rocks Edgewater to its core. (S2)
- 11.00 **FBI** 5&6/22. (S5)
- 1.00 AM **Fire Country** 3/10. (S2)
- 2.00 **Law & Order: Special Victims Unit** New episodes 17&18/20. Double bill. (S26)
- 4.00 **The Real A&E**
- 5.00 **to 6.00** AM **Brit Cops: Frontline Crime UK**

+1 hour 207 310

10.10 True Detective *The Western Book of the Dead:* 1/8. Four individuals become wrapped up in a murder inquiry. (S2)
- 11.20 **Homicide: Life on the Street** 9/22. Part two of two. Debbie signs the plea agreement that implicates Craig. (S7)
- 12.20 AM **Succession** 2&3/10. (S2)
- 2.50 **The Night Of** 4/8. (S1)
- 4.00 **Game of Thrones** 2/6. (S8)
- 5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

10.00 FILM Final Score Action drama starring Dave Bautista. An ex-soldier is forced into action when armed terrorists take control of a packed football stadium. (2018, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.00 M'T **An Idiot Abroad**
- 1.00 AM **A League of Their Own**
- 2.00 **Road Wars**
- 3.00 **NCIS: Los Angeles** 6/22. (S13)
- 4.00 **S.W.A.T.** 1/22. (S5)
- 5.00 **to 6.00** AM **Highway Patrol**

10.05 Extraordinary New episode 6/8. Kash and Clark's relationship blooms. (S2)
- 10.40 **Family Guy** 15/21. (S12)
- 11.10 **Family Guy** 11/21. (S12)
- 11.40 **American Dad!** 13&6/22. (S11)
- 12.35 AM **Bob's Burgers** 9/22. (S14)
- 1.05 **Olivia Attwood: The Price of Perfection** Documentary.
- 2.10 **Totally Bonkers Guinness World Records**
- 2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Foyle's War *A Lesson in Murder:* The death of a conscientious objector while in police custody prompts an investigation.
- 12.00 M'T **Grace** *Dead Man's Grip:* The detective and his team are called to the scene of a fatal crash, but an unexpected discovery suggests there could be far more to this particular accident than meets the eye.
- 1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **Reporting Scotland**
- 7.30 **Scotland's Home of the Year** From Fife, north Berwick and Linlithgow.
- 8.00 **This Farming Life** Rachel and Camy find out how many of their ewes are pregnant.
- 9.00 **Granite Harbour** 2/3. Loyalties are put to the test as the investigations continue in both cases. (S2)
- 10.00 **River City** New episode Madonna lands herself in hot water with Scarlett and Kelly-Marie.
- 10.30 **Stevens & McCarthy** 3/4. The girls in the roll van tease Davie. (S1)
- 11.00 **Gary: Tank Commander** 3/6. A general arrives from America. (S1)
- 11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases** Exploring the concept of guilt.

Sky Comedy

114/115 112/113 112 347 362

- 8.00 AM **American Auto**
- 9.00 **The Conners** (S5)
- 10.00 **Dice** 3&4/6. (S1)
- 11.20 **Flight of the Conchords**
- 12.40 PM **Silicon Valley** (S3)
- 2.00 **Dice** 3&4/6. (S1)
- 3.15 **Upright** 3&4/8. (S2)
- 4.25 **Flight of the Conchords**
- 5.45 **The Conners** (S5)
- 6.45 **The Office (US)** (S7)
- 7.45 **Silicon Valley** 9/10. Richard attempts to bridge the gap between Pied Piper and its users.
- **8.25** 10/10. Gavin's hubris threatens to derail his comeback. (S3)
- 9.00 **Entourage** 3/8. Vince meets a face from the past on a TV talk show.
- **9.35** 4/8. Vince's film is finally released. (S1)
- 10.05 **The Tonight Show** New edition Talk show.
- 11.05 **Sex and the City** (S6)
- 12.15 AM **Girls** 5&6/10. (S4)
- 1.20 **Hello Ladies: The Movie**
- 3.00 **Hung** 1&2/10. (S1)
- 4.30 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

- 6.00 AM **Gilbert and Sullivan: A Motley Pair**
- 6.30 **André Rieu: Live**
- 8.00 **The Joy of Painting**
- 9.00 **Tales of the Unexpected**
- 10.00 **Hitchcock Presents**
- 11.00 **The Directors**
- 12.00 NOON **Discovering**
- 1.00 PM **Tales of the...**
- 2.00 **Art Traffickers**
- 3.00 **Classic Movies: The Story of The Producers**
- 4.00 **The Directors**
- 5.00 **Discovering**
- 6.00 **Tales of the Unexpected**
- 7.00 **Hitchcock Presents**
- 8.00 **Master Crafters: The Next Generation**
- 9.00 **NEW SERIES Stories from Tate Britain** 1/2.
- 10.00 **David Hockney: A Celebration**
- 11.30 **Comedy Legends**
- 12.30 AM **Katharine Hepburn: Call Me Kate**
- 2.30 **Life & Rhymes**
- 4.00 **Landmark**
- 5.00 **to 6.00** AM **Inside Art**

Sky Mix

151 158 135 11 141 23

- 7.00 AM **Motorway Patrol**
- 8.00 **Border Security USA**
- 9.00 **Nothing to Declare**
- 11.00 **Highway Patrol**
- 12.00 NOON **Border Security USA** Documentary.
- 1.00 PM **Border Patrol**
- 2.00 **Nothing to Declare**
- 4.00 **Star Trek: Enterprise**
- 5.00 **Stargate SG-1** (S5)
- 6.00 **Stargate Universe** (S2)
- 7.00 **Star Trek: The Next Generation** *The Big Goodbye:* 12/26. Picard becomes trapped on the holodeck. (S1)
- 8.00 **Star Trek: Deep Space Nine** *The Wire:* 22/26. Bashir struggles to save Garak's life. (S2)
- 9.00 **The Rookie** (S4)
- 11.00 **Grimm** 16/22. (S4)
- 12.00 M'T **Nothing to Declare**
- 2.00 AM **Brit Cops: Rapid Response** Documentary.
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

- 9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
- 10.00 **Tipping Point** Triple bill of the game show.
- 1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
- 2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
- 3.00 **Tenable** Double bill of the game show hosted by Sally Lindsay.
- 5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
- 6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
- 8.00 **Deal or No Deal** Stephen Mulhern hosts the game show in which a contestant takes on the ruthless Banker.
- 9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
- 12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
- 12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

- 8.00 AM **Father Dowling Mysteries** 4/8. (S1)
- 9.00 **Diagnosis Murder**
- 10.00 **Little House on the Prairie** 3&4/25. (S1)
- 12.00 NOON **Highway to Heaven** 3/25. (S1)
- 1.00 PM **Father Dowling Mysteries** 1/13. (S2)
- 2.00 **Diagnosis Murder**
- 5.00 **Murder, She Wrote**
- 8.00 **M*A*S*H** 12&13/26. (S7)
- 9.00 **Randall and Hopkirk (Deceased)** *Money to Burn:* 20/26. (S1)
- 10.00 **The New Avengers** *The Last of the Cybernauts:* 3/13. A former double agent seeks revenge. (S1)
- 11.00 **The Avengers** (S6)
- 12.00 M'T **M*A*S*H** (S7)
- 1.00 AM **Randall and Hopkirk (Deceased)**
- 2.00 **Hart to Hart** (S3)
- 3.00 **Crazy Like a Fox** (S1)
- 4.00 **Highway to Heaven**
- 4.50 **to 5.00** AM **GREAT! Movie News Extra**

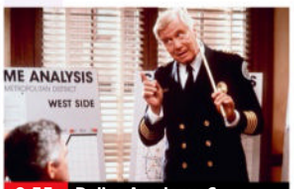
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.10 **Minder**
7.15 **The Professionals**
8.10 **Giant Lobster Hunters**
9.15 **Magnum, PI**
10.20 **Kojak**
11.25 **Giant Lobster Hunters**
12.25 PM **Made in Britain**
1.00 **Tour de France Highlights**
2.00 **LIVE Tour de France** Coverage of stage 11, as the riders return to the saddle after a rest day.
4.45 **Minder**
5.50 **The Professionals**



9.55 **Police Academy 6**

7.00 **Tour de France Highlights** Action from the 11th stage, a flat 156.8km route starting and finishing in Toulouse.

8.00 **FILM Jaws: The Revenge** Monster thriller sequel starring Lorraine Gary and Michael Caine. The small town of Amity is terrorised once again by a man-eating shark. (1987, 12, 100min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **FILM Police Academy 6: City Under Siege** Comedy sequel starring Bubba Smith and David Graf. The hapless cops set out to stop an acrobatic trio of robbers. (1989, PG, 83min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

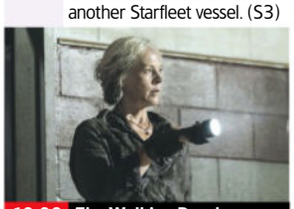
11.40 **LIV Golf Highlights** Recent action from Andalucía, Spain.
12.35 AM **Dark Side of the Ring**
1.30 **BattleBots**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 10/26. (S7)
2.00 **Atlantis** 3/13. (S2)
3.00 **Stargate Atlantis** 7/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 10/26. (S7)
6.00 **Star Trek: Enterprise** 21/24. Archer and the crew have an unusual encounter with another Starfleet vessel. (S3)



10.00 **The Walking Dead**

7.00 **Atlantis** *Telemon:* 3/13. A stranger offers to help Ariadne save her city, and Jason fights for glory. (S2)

8.00 **Stargate Atlantis** *Instinct:* 7/20. Beckett creates a potion designed to convert Wraiths back to human form. (S2)

9.00 **From the Earth to the Moon** *The Original Wives' Club:* 11/12. The astronauts' wives band together to provide support. (S1)

10.00 **The Walking Dead** *Ghosts:* 3/22. The threat of the Whisperers' return leads to paranoia sweeping over Alexandria. (S10)
11.00 **FILM LA Apocalypse** Sci-fi disaster drama starring Gina Holden and Christopher Judge. A man looks for his kidnapped girlfriend in a city that is about to be destroyed by volcanic activity. (2014, 15, 80min) ★
1.00 AM **Train** 5&6/12. (S1)
3.20 **Room 104** 5&6/12. (S3)
4.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **WPC 56** 2/5. (S3)
11.00 **Hudson & Rex** 3/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** As shown at 12.20am.
1.00 PM **Beyond Paradise** 6/6. (S2)
2.00 **Murdoch Mysteries** (S8)
4.00 **WPC 56** 2/5. (S3)
5.00 **Hudson & Rex** 3/16. (S4)
6.00 **Father Brown** *The Tower of Lost Souls:* Father Brown joins forces with Chief Inspector Valentine to uncover a dark secret at Helmsley House.

8.00 **Bookish**

7.00 **Beyond Paradise** 6/6. Humphrey and Martha's wedding day finally arrives. (S2)

8.00 **NEW SERIES Bookish** *Slightly Foxed – Part One:* 1/6. Detective drama set in post-war London, written by and starring Mark Gatiss.
9.10 New episode *Slightly Foxed – Part Two:* 2/6. Bliss and Book's investigation continues. *See feature, page 6.* (S1)
■ Entire series on Sky Box Sets & Virgin Box Sets

10.20 **Father Brown** *The Judgement of Man:* The priest becomes embroiled in an art heist

11.20 **Father Brown** As 6.00pm.
12.20 AM **Miss Scarlet and the Duke** 3/6. Eliza infiltrates a potentially disruptive gang. (S1)
1.20 **Elementary** 2/13. (S7)
2.15 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Highlights**
9.30 **Ever Decreasing Circles**
10.05 **Are You Being Served?**
10.45 **Still Open All Hours**
11.25 **Last of the Summer Wine**
12.45 PM **The Green Green Grass**
1.25 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Still Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **The Vicar of Dibley**
6.00 **The Green Green Grass**
6.40 **Are You Being Served?**

10.00 **The Royle Family**

7.20 **Dad's Army** Mainwaring has an unusual dream in which he is Napoleon at the Battle of Waterloo.

8.00 **Still Open All Hours** Granville is forced to take extra security precautions.
8.40 **The Vicar of Dibley** First episode. The villagers of Dibley discover that their new vicar is a woman.
9.20 The *Songs of Praise* crew visit Dibley. Guest stars Peter Capaldi.

10.00 **The Royle Family** The day of Baby David's christening arrives.
10.35 **The Fast Show** Colin Hunt tries to fix the photocopier.
11.15 **Not Going Out**
11.55 **Absolutely Fabulous**
12.35 AM **The Vicar of Dibley**
1.15 **The Royle Family**
1.55 **The Fast Show**
2.30 **Not Going Out**
3.00 **to 4.00** AM **Absolutely Fabulous**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Special Ops: Crime Squad UK**
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein: From Venice to Istanbul** As 6.00pm.
12.00 NOON **Celebrity Storage Hunters** Double bill.
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers Everyday Gourmets** Creating a gourmet dinner for two on a budget.
6.00 **Rick Stein: From Venice to Istanbul** The chef crosses the Adriatic Sea to Croatia.

6.00 **From Venice to Istanbul**

7.00 **Would I Lie to You? At Christmas** Panellists include Sara Pascoe and Richard Osman.
7.40 **Richard Osman's House of Games** With Jamelia and Gareth Malone.
8.20 Dom Joly, Samira Ahmed, John Robins and Angela Rippon take part.

9.00 **QI XL** Guests Sandi Toksvig, John Lloyd and Johnny Vegas join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Steph McGovern hosts the satirical quiz, with Miles Jupp and Camilla Long.
11.00 **Taskmaster** Russell Howard uses ear wax to charm a lady.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? At Christmas** As 7.00pm.
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Spain.
10.30 **Help! We Bought a Village** Documentary.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **The Great House Giveaway** In Newcastle.
2.30 **George Clarke's Amazing Spaces**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Supercruising: Life at Sea** A full-blown Dutch Orange Party is staged for nearly 3,000 passengers.
8.00 **Michael Mosley: Secrets of the Superagers**
9.00 **24 Hours in A&E**
10.00 **Sky Coppers**
11.05 **In the Footsteps of Killers** True-crime.
12.05 AM **First Dates**
1.05 **Celebrity Gogglebox**
3.10 **Our Yorkshire Shop: A Victorian Restoration**
4.05 **to 5.00** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **NCIS** 10-12/24. (S3)
12.00 NOON **Law & Order: Criminal Intent** (S1&2)
6.00 PM **NCIS** *Shalom:* 1/24. Ziva witnesses a political assassination.
7.00 *Escaped:* 2/24. Fornell and his daughter are threatened by an escaped convict.
8.00 *Singled Out:* 3/24. A missing US Navy lieutenant's car is found covered in blood. (S4)
9.00 **Criminal Minds** *True North:* 19/22. Three victims are found in the Arizona desert.
10.00 *Unforgettable:* 20/22. Several government employees succumb to symptoms of a heart attack. (S12)
11.00 **Law & Order: Special Victims Unit** (S15)
12.55 AM **The Resident** (S1)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Murder Scene: The Incident Room** The murder of a man who was killed by four teenagers in 2010.
10.00 **Ambulance: Code Red** A collision between two motorcyclists issues a code red call out.
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **My Lover, My Killer**
2.00 **Quantico** 21&22/22. (S2)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
2.00 PM **FILM Torpedo Run** World War Two drama. (1958, U, 98min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A car is pursued at speeds of 100mph.
7.00 A wanted man abandons his car.
8.00 Multiple units try to box in a dangerous driver on the A14.
9.00 **Traffic Cops**
10.00 **Police: Suspect No 1**
11.00 **Quantum Leap** (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell: Mega Rollovers** New edition
3.00 **Trucking Hell: Bridge Strike Chaos**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Junior USA** Culinary show.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **The Shift: Women on the Force** PC Alicia Oakes has to use her Taser for the first time.
8.00 **Side Hustlers** New edition With the final pitches around the corner, Emma makes a shocking discovery.
9.00 **Kathy Burke's All Woman** Documentary.
10.00 **999 Rescue Squad**
12.00 M'T **Inside the Ambulance**
12.30 AM **Stacey Dooley Investigates: Second Chance Sex Offenders**
1.35 **to 3.00** AM **Interior Design Masters with Alan Carr**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.25 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** New episode 3/6. Joan's estranged sister, Max, invites her and Jack to an island resort. (S2)
■ Entire series on U
9.00 **Sister Boniface Mysteries** 9/10. (S1)
10.00 **New Tricks** *Old Fossils.*
11.20 **Spooks** 10/10. (S2)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

WEDNESDAY Entertainment

Wednesday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Double bill of editions.
9.00 **1000-lb Sisters** An insight into the lives of overweight, thirtysomething sisters Amy and Tammy.
10.00 **Quarter Ton Teen** New edition At just 17, Tommy weighs nearly 700lbs. His father helps him with daily tasks, and his mother makes sure he has everything he wants – including food.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** With Kelly Holmes and Phil Tufnell.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the quiz.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.10 AM **FILM Face of a Fugitive** Western. (1958, U, 81min) ★★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM Johnson County War: Part One** Western drama. (2002, 12, 90min) ★★
3.00 **FILM Johnson County War: Part Two** Western. (2002, 12, 89min) ★★
5.00 **Wanted: Dead or Alive**
6.00 **Bonanza** 26/32. (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Black Water** Thriller starring Jean-Claude Van Damme. (2018, 15, 104min) ★★
11.15 **FILM Extraction** Thriller. (2015, 15, 88min) ★
1.20 AM **FILM Miami Magma** Sci-fi disaster thriller. (2011, 15, 97min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 34 32

9.00 AM **Saving Lives at Sea**
10.00 **FILM The Nurse** Drama. (2014, PG, 89min) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Off the Rails** Drama. (2017, PG) ★★
2.55 **FILM Gone: Finding My Daughter** Thriller. (2018, PG, 90min) ★★
5.00 **FILM A Wicked Vendetta** Thriller. (2018, 12, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM 16 Blocks** Thriller with Bruce Willis. (2006, 12, 102min) ★★★★
11.15 **FILM An Aurora Teagarden Mystery: A Bone to Pick** Drama. (2015, PG, 84min) ★★
1.10 AM **FILM A Murderer Upstairs** Crime thriller. (2017, PG, 90min) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Shattered Memories** Thriller. (2018, PG) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Sweet Autumn** Drama. (2020, PG) ★★
10.05 **FILM Love, Fall & Order** Drama. (2019, U) ★★
11.55 **FILM A Little Daytime Drama** Comedy. (2021, PG, 90min) ★★
2.00 PM **FILM Wedding Season** Romantic drama. (2023, U, 84min) ★★
4.00 **FILM My Boss's Wedding** Romance. (2021, PG, 85min) ★★
6.00 **FILM Team Bride** Romantic drama. (2023, U, 91min) ★★
8.00 **FILM Our Dream Wedding** Drama. (2020, PG, 87min) ★★
9.55 **FILM 40 Below and Falling at Christmas** Romantic comedy. (2015, PG, 90min) ★★
11.55 **FILM A Winter Princess** Drama. (2019, PG) ★★
1.55 **Highway to Heaven**
3.00 **to 5.00** AM **FILM Wedding Season** (2023)
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie**
11.00 **Jokers Wild**
11.30 **Thick as Thieves**
12.00 NOON **Carry On Laughing** 4/7. (S2)
12.30 PM **You're Only Young...**
1.00 **Born Free** 7/13. (S1)
2.00 **FILM Only the Valiant** Western. (1951, PG) ★★
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of Breath** 1/6. (S4)
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S1)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Thick as Thieves**
8.30 **A Sharp Intake of...**
9.00 **Bramwell** 1/7. (S1)
10.00 **Soap** 7/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM God Told Me To** (1976, 18) ★★★
1.45 AM **Diff'rent Strokes**
2.15 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Injuries and breakdowns threaten to put an end to the fleet's expedition. **8.00** Freddie Maugatai honours his skipper.
9.00 **Barnwood Builders** New editions The crew travel to Wise, Virginia, to save an 1860s log home. **10.00** The team battle extreme weather to save an extraordinary 1853 cabin in Kentucky.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **One-Pan Wonders**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Forever Summer**
10.00 **The Hairy Bikers' Comfort Food**
11.00 **Great British Bake Off**
1.00 PM **One-Pan Wonders**
2.00 **James Martin's Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Forever Summer**
6.00 **The Hairy Bikers' Comfort Food**
7.00 **Great British Bake Off**
9.00 **Hairy Bikers' Mississippi Adventure**
10.00 **The Hairy Bikers' Comfort Food**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 6/25. (S7)
9.00 **The Fall Guy** 4/23. (S2)
10.00 **Knight Rider** (S3)
11.00 **FILM The Land That Time Forgot** Thriller. (2009, 12, 90min) ★★
1.00 PM **FILM Last of the Mohicans** Adventure. (1977, U, 97min) ★★
3.00 **FILM Blood River** Western adventure. (1991, PG, 88min) ★★
5.00 **Star Trek** 22/26. (S2)
6.00 **Knight Rider** (S3)
7.00 **The Fall Guy** 5/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Highlander III: The Final Dimension** Action fantasy sequel. (1995, 15, 99min) ★★
11.00 **FILM Best of the Best** Action drama. (1989, 15, 100min) ★★
12.55 AM **FILM The Box** Thriller. (2009, 12, 110min) ★★★
3.10 **to 5.00** AM **FILM From the Dark** Horror. (2014, 18, 90min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Slipstream** As shown at 5.00pm.
8.00 **FILM Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM The Philadelphia Experiment** Thriller. (2012, 15, 89min) ★★
1.00 PM **FILM Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 22/25. (S3)
5.00 **FILM Slipstream** Sci-fi drama with Mark Hamill. (1989, PG, 101min) ★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 23/25. (S3)
9.00 **FILM Entrapment** Romantic action thriller. (1999, 12, 112min) ★★★
11.10 **FILM The Disappearance** Thriller. (1977, 15, 102min) ★★
1.00 **to 3.00** AM **FILM Curse of the Crimson Altar** Thriller. (1968, 15) ★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Weird Britain** New edition In Somerset.
10.00 **The UnXplained with William Shatner**
11.00 **The Proof Is Out There: Bermuda Triangle Edition**
12.00 M'T **Secrets in the Sand**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Scotland's Most Scenic Railway Journeys**
10.00 **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In California.
12.00 NOON **Majorca: Jewel of the Med**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** In Panama.
8.00 **Ben Fogle: New Lives in the Wild** Ben travels into the heart of Zambia.
9.00 **Expedition: Search for the Nile** Henry Stanley's search for the missing Dr Livingstone.
10.00 **Arabia with Levison Wood** Southern Syria.
11.10 **The Good Ship Murder**
12.10 AM **Cruising with Jane McDonald**
1.10 **22 Kids & Counting**
3.10 **to 4.00** AM **Cruising with Susan Calman**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Merseyside.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country** People search for their ideal rural retreats.
9.00 **Home Town** Three siblings want a place big enough to accommodate all their families.
10.00 **Home Town** New edition Ben and Erin help a family save their Mississippi homestead.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
9.00 **You, Me & My Ex** Elodie's family interrogate De'Andre.
10.00 **Dr Pimple Popper** Tim has a massive growth on his back.
11.00 **Take My Tumour**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
3.00 **Take My Tumour**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing** (S4)
11.00 **Everybody Loves Raymond** 7-10/25. (S2)
1.00 PM **Last Man Standing**
1.25 **Friends** (S10&1)
8.00 **Friends** 7/24. A power cut exposes Chandler to temptation. **8.30** 8/24. Ross and Monica's grandmother passes away. (S1)
9.00 **Al Murray: One Man, One Guvnor Uncut**
10.00 **8 Out of 10 Cats**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **South Park**
2.00 AM **Beavis and Butt-Head**
3.00 **Al Murray: One Man, One Guvnor Uncut**
3.45 **Modern Horror Stories**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 12&13/14. (S5)
11.00 **Friends** (S5)
1.00 PM **Impractical Jokers**
1.55 **FILM Daria: Is It Fall Yet?** Animated comedy. (2000, 12, 75min) ★★★
3.35 **Blockbusters**
4.05 **Guessable?**
5.05 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** Four editions of the series, including at: **8.00** 9/25. Ray buys Frank an aquarium. **8.30** 10/25. Ray attends a school reunion. (S2)
9.00 **South Park** (S1&4)
12.00 M'T **Friends** (S10&9)
2.05 AM **Reno 911!** (S7)
3.00 **The Ricky Gervais Show**
3.50 **Teachers** 2&3/20. (S2)
4.30 **Henning Wehn: It'll All Come Out in the Wash**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S5)
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 5/12. (S1)
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **Sick Note** 5/8. Officer Hayward spies on Daniel and Dr Glennis. **9.30** 6/8. Daniel needs to flee the country. (S2)
10.00 **Stella** 5&6/10. (S4)
12.00 M'T **The Russell Howard Hour**
2.00 AM **Sick Note** (S2)
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Celebs on the Farm**
8.00 **I Used to Be Fat**
9.00 **Ghosted: Love Gone Missing** Reality series.
10.00 **Caught in the Act: Unfaithful** New edition Old school friends Jon and Joseph reconnect.
11.00 **The Challenge: Untold History**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran smash through the drywall in 'patching time'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **True Love or True Lies?**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Parker squeezes every ounce of gold out of his Dominion Creek claim.
5.00 **Building Off the Grid** A Colorado couple build an energy-efficient homestead.
6.00 **Border Control: Spain** Double bill following the Security and Customs Services at the borders of Spain.

10.00 Roadworthy Rescues

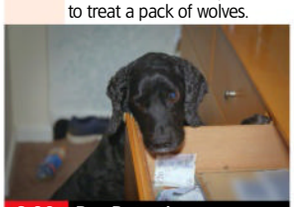
7.00 **Wheeler Dealers** Mike tracks down an iconic estate car, the Volvo 240 Torslanda, but it has seen better days.
8.00 **Outback Truckers** Father-and-son-team John and Justin share their last drive together before John retires.
9.00 **Street Outlaws: Locals Only** New edition Farmtruck and AZN travel to Kentucky to meet local racers racing for $5,000.
10.00 NEW SERIES **Roadworthy Rescues** Derek works to revive a classic 1960 El Camino with a suspicious past.
11.00 **Border Control Poland** A car has a fake fuel tank.
12.00 M'T **Moonshiners**
1.00 AM **Street Outlaws: Locals Only** As shown at 9.00pm.
2.00 **Roadworthy Rescues**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **The Aquarium**
10.00 **Tanked** A bedroom aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy deals with a vicious cat.
4.00 A hyperactive cat collapses while playing.
5.00 **Lone Star Law**
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and his team head to a wildlife sanctuary to treat a pack of wolves.



8.00 Dog Detectives

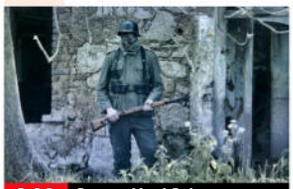
7.00 **Animal Cribs** Antonio Ballatore designs an outdoor area for a couple's Savannah cat and foster kittens.
8.00 **Dog Detectives** New recruit Chico finds a huge stash of cannabis up an alleyway in Liverpool, which helps PC Bartley.
9.00 **Alaska: The Last Frontier** The Kilchers race through the last few days of autumn by preparing the cabins.
10.00 **Alaskan Bush People** A medical emergency on the Wolfpack's ranch forces them to be more resourceful.
11.00 **Pit Bulls & Parolees**
12.00 M'T **Crikey! It's the Irwins** Terri finds out if Charlie the tiger's tumours have been successfully treated.
1.00 AM **Dog Detectives**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mutant Weather**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **UFOs: Investigating the Unknown** Double bill.
2.00 PM **Drain the Oceans**
3.00 **Lost Ships of WW2**
4.00 **Construction Fails**
5.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a 1990s Japanese super saloon.
6.00 **World War II: Secrets from Above** The story of the Battle of the Atlantic.



8.00 Secret Nazi Science

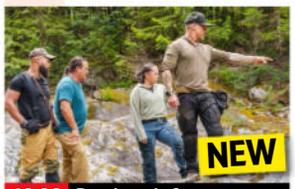
7.00 **Air Crash Investigation** The pilots of Qantas Flight 32 were forced to deal with failures resulting from an explosion.
8.00 **Secret Nazi Science** New edition Exploring the world's first precision-guided weapon deployed during combat.
9.00 **Nazi Death Camp: The Great Escape** Jewish former prisoners at a Polish death camp recall their escape in 1943.
10.00 **Hitler's Last Stand** A small group of American soldiers must capture the all-important Fort Koenigsmacker.
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster** The sinking of the *Titanic*.
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM NEW SERIES **Death Coast** A search for a shipwreck in the North Atlantic.
2.00 **Mountain Men**
2.55 **Pawn Stars** Documentary.
3.15 **Secrets in the Ice**
5.00 **What on Earth?** As 11.00pm.
6.00 **American Pickers** Danielle uncovers a stash of cash.



10.00 Deadman's Curse

7.00 **Forged in Fire** Four bladesmiths are tasked with forging a Saw Back machete and later create a Parang Nabur.
8.00 **Secrets of Great British Castles** Exploring the history of Warwick Castle, which started as a motte and bailey fort.
9.00 **Death Coast** Jeff Mackinnon and his team embark on a search of the shipwrecks below the waves of the Death Coast.
10.00 NEW SERIES **Deadman's Curse** Adam Palmer leads a bid to finally solve the mystery of Slumach's lost gold mine.
11.00 **What on Earth?** A buried monument provides evidence about a huge Biblical mystery.
12.00 M'T **Strange Evidence** A sinister train some believe to be demonic in nature.
12.55 AM **The Proof Is Out There**
1.50 **Death Coast** As 9.00pm.
2.50 **Forged in Fire** As 7.00pm.
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **WW2: Battles for Europe**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **WW2: Battles for Europe** Hitler's launch of his great counter-offensive against the unsuspecting Allies.
5.00 **World War Weird**
6.00 **Antiques Roadshow** From Aberystwyth Arts Centre.

8.00 Secret Nazi Bases

7.00 **Great American Railroad Journeys** Michael begins a journey to explore Canada's maritime provinces.
8.00 **Secret Nazi Bases** New edition As Allied bombing raids escalate, a concrete dome rises from the French countryside.
9.00 **Equator** Simon Reeve heads to Indonesia, the world's largest archipelagic nation, home to 220 million people.
10.00 **Bangers & Cash** Derek picks up a lovingly restored 1925 Calthorpe motorbike that he thinks is a work of art.
11.00 **Bangers & Cash** Derek heads to Sunderland to pick up a real Italian beauty – a 1972 Lancia Fulvia Zagato.
12.00 M'T **Abandoned Engineering** A sprawling Wild West ghost town in Montana, USA.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** Items include a penny farthing bicycle, a battered leather briefcase and a clocking-on clock.
8.00 **The Yorkshire Auction House** Double bill.
10.00 **Celebrity Yorkshire Auction House** Angus Ashworth helps singer Cheryl Baker sell some pop memorabilia.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Say Yes to the Dress**
12.00 NOON **Love, Honor, Betray** Documentary.
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Jamie Lavis.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **American Monster: Abuse of Power** New edition True crime.
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears...**
2.00 AM **Murder Comes to Town** Melisa Augustson.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor**
8.00 **Britain's Countryside Killers** Michael O'Leary is murdered by his best friend Andrew Jones after an affair.
9.00 **Murder Book** A 30-year homicide investigation into the disappearance of Greg Holman.
10.00 **It Takes a Killer** A woman seduces two police officers to kill them for their insurance.
10.30 A loving father vanishes without a trace.
11.00 **Murder by the Sea** Felicity Paget was killed by a 'mystery knifeman.'
12.00 M'T The hanging of John Kewish.
1.00 AM **Murder Book**
2.00 **It Takes a Killer**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** A woman convicted of killing her baby.
4.30 A criminally charged sex offender and murderer attacks in a terrifying rage.
5.00 A woman's disappearance.
5.30 A house fire kills the only doctor in the small town of Laeger, West Virginia.
6.00 A killer betrayed by a speck of paint.
6.30 A 77-year-old on a road trip is attacked by a thief and shot to death.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **The Force: Manchester**
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** Crime series.
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Forensics: Catching...**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Alun Kyte.
8.00 **World's Most Evil Killers**
9.00 **Killer in My Village**
10.00 **How I Caught the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **Full Steam Ahead**
9.55 **World of Stonehenge**
11.00 **Chernobyl: The New Evidence** Documentary.
11.55 **Mafia's Greatest Hits**
1.00 PM **Full Steam Ahead**
2.20 **World of Stonehenge**
3.25 **Chernobyl: The New Evidence** Documentary.
4.30 **Kokoda: The Spirit Lives**
6.35 **Full Steam Ahead** How the railways transformed the British diet.
7.50 **World of Stonehenge** Stone Age monuments in Britain and Ireland.
8.55 **Chernobyl: The New Evidence** How far Soviet leaders were willing to go to cover up the disaster.
9.55 **Kokoda: The Spirit Lives** A look at the Kokoda Campaign.
12.00 M'T **Chernobyl: The New Evidence**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

WEDNESDAY

Wednesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Vanessa Redgrave**
8.00 **The Directors**
8.55 **The Vow** 7/9. Documentary.
10.00 **Last Call: When a Serial Killer Stalked Queer New York**
11.00 **Kingdom of Dreams**
12.00 NOON **Pee-wee as Himself**
4.00 PM **Discovering: Vanessa...**
5.00 **The Directors**
5.55 **The Vow** 8/9. Documentary.
7.00 **The Wimbledon Kidnapping**
9.00 NEW SERIES **Death of a Showjumper** 1/3. The events surrounding the death of young showjumper Katie Simpson.
10.00 New edition 2/3. Undercover investigators look into the 2020 death of Katie Simpson. *See feature, page 21.*
■ Entire series on Box Sets
11.00 **The Truth vs Alex Jones**
1.15 AM FILM **Searching for Sugar Man** Music documentary. (2012, 12, 86min) ★★★★
3.00 **Wework: How to Lose $30b in Two Weeks** Documentary.
5.00 **to 6.00** AM **Discovering: Vanessa Redgrave**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain**
3.00 **Murdertown**
4.00 **Cops Gone Bad**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic**
9.00 **Accused: Did I Do It?** New edition Documentary.
10.00 **Secrets of the Bunny Ranch** New edition Documentary.
11.00 **Secrets of Polygamy**
12.00 M'T **Murder By Medic**
1.00 AM **Secrets of the Bunny...**
2.00 **Accused: Did I Do It?**
3.00 **Criminal Confessions**
4.00 **Killer Britain**
5.00 **to 6.00** AM **Sunshine Slayings**

+1hour 256 333

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
11.00 **Secret Army**
1.20 PM **Oliver Twist**
2.35 **The Dick Emery Show**
4.35 **Secret Army**
6.55 **Oliver Twist** 4/12. Oliver runs into the Artful Dodger, who persuades him to join Fagan's gang – but then gets arrested for a crime he didn't commit.
7.35 5/12. Mr Brownlow gets Oliver freed, but Fagin kidnaps him again. (S1)
8.15 **The Dick Emery Show** Triple bill featuring comic sketches.
10.10 **Secret Army** *A Question of Loyalty:* 11/16. Monique is attracted to a stranger. (S1)
11.20 **Louis Theroux: America's Most Dangerous Pets** The reporter heads to America to meet people keeping wild animals in captivity.
12.25 AM **Oliver Twist**
1.05 **The Dick Emery Show**
3.00 **Secret Army**
4.55 **to 6.00** AM **The Dick Emery Show**

+1hour 266 376

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Africa's Underwater Wonders** Documentary.
7.00 **Monkey Life**
8.00 **Wild Birds of Australia**
9.00 **Wild Family Ties**
10.00 **Living Beach**
11.00 **New Kids in the Wild**
12.00 NOON **Guardians of the Wild**
1.00 PM **Monkey Life**
2.00 **Wild Birds of Australia**
3.00 **Wild Family Ties**
4.00 **Living Beach**
5.00 **Gangs of Lemur Island**
6.00 **Hope for Wildlife: The Next Generation** Series finale
7.00 **Monkey Life** Double bill.
8.00 **Great Barrier Reef with David Attenborough**
9.00 **Volcanic Odysseys**
10.00 **Hope for Wildlife: The Next Generation**
11.00 **Gangs of Lemur Island**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wildlife Icons**
2.00 **Great Barrier Reef with...**
3.00 **Volcanic Odysseys**
4.00 **Wild Birds of Australia**
5.00 **to 6.00** AM **Wild Family Ties**

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Monster Fish**
10.00 **Savage Kingdom**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Return of the White Shark**
3.00 **Equator's Wild Secrets**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Tiger cubs explore their new habitat.
8.00 **Snakes in the City: Beyond the Venom** New edition Highlights from the series.
9.00 **Legends of Venom** Exploring the slippery world of the cobra.
10.00 **Alaska: The Next Generation** The cold and bitter winter quickly approaches.
11.00 **Ice Road Rescue** The rescue drivers have to cope with extreme weather conditions.
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 141 166

8.00 AM **Married with Secrets**
9.00 **Evil Stepmothers**
11.00 **The Killer Beside Me**
1.00 PM **American Monster**
3.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
5.00 **Someone You Thought You Knew** Double bill.
7.00 **On the Case with Paula Zahn** The murder of a young woman leads police to two potential suspects – her new boyfriend and an obsessed stalker.
8.00 The search for the man who murdered a single mother.
9.00 **Road Rage** A TV personality has a violent encounter with another motorist.
9.30 An axe-wielding man taunts a motorist.
10.00 **Exposed: Naked Crimes**
11.00 **American Monster**
12.00 M'T **Pandora's Box: Unleashing Evil**
2.00 AM **Someone You Thought You Knew** Double bill.
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 254 366

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **National Park Mysteries**
9.00 **Swamp Mysteries with Troy...**
10.00 **River Hunters**
11.00 **Ancient Aliens**
1.00 PM **National Park Mysteries**
2.00 **Swamp Mysteries with Troy Landry** Troy investigates disturbing phenomena.
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Shipwreck Treasure Hunter**
5.00 **UFO Hunters**
6.00 **Combat Trains**
7.00 **What on Earth?**
8.00 **The UnXplained with William Shatner** The construction of what are now age-old ruins.
9.00 The technological capabilities of distant ancestors.
10.00 **Secrets in the Ice**
11.00 **Alien Files: Unsealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Mayhem! The Secret Lives of the Georgian Kings**
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Shipwreck Treasure Hunter**
5.00 **to 6.00** AM **UFO Hunters**

Discovery History

174 147 181 320 325

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Explaining the science behind the rules of the universe.
8.00 **Planes That Changed the World** A look at the Airbus A380, a double-decked aircraft that is designed to carry 800 passengers.
9.00 **Unexplained and Unexplored** A shipwreck in the Red Sea.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** Tommy works on a 1955 Chevy pick-up truck.
9.00 **Richard Hammond's Workshop** Richard finds a classic Mini that needs restoring.
10.00 **Texas Metal**
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

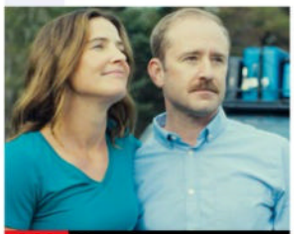
+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **I Don't Understand You** Horror comedy starring Nick Kroll. (2024, 15, 97min) ★★★
7.45 **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
9.30 **Sew Torn** As shown at 1.15am.
11.15 **Wicked** As shown at 8.00pm.
1.55 PM **Running on Empty** (2024)
3.30 **Gladiator II** Historical drama. (2024, 15, 148min) ★★★
6.00 **Sharp Corner** Thriller with Ben Foster and Cobie Smulders. (2024, 15, 110min) ★★★★



6.00 Sharp Corner

8.00 Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A green-skinned young woman named Elphaba forges an unlikely friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Joker: Folie à Deux Thriller starring Joaquin Phoenix. Unhinged comedian Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. (2024, 15, 138min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
3.00 **Running on Empty** Comedy. (2024, 15, 91min) ★★★
4.35 **to 6.35** AM **Sharp Corner**

Sky Cinema Hits

303 303 403 503 517

6.35 AM **Aisha** Drama. (2022, 12, 94min) ★★★★
8.15 **Arrival** As 3.45pm.
10.15 **Star Trek: First Contact**
12.10 PM **Trap** Crime thriller. (2024, 15, 105min) ★★★★
2.00 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
3.45 **Arrival** Sci-fi drama with Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
5.45 **It** Horror starring Bill Skarsgård. (2017, 15, 135min) ★★★★

10.20 Stargate

8.00 The Amazing Spider-Man Fantasy adventure starring Andrew Garfield and Emma Stone. A nerdy New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. With Rhys Ifans. (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Stargate Sci-fi adventure starring Kurt Russell and James Spader. (1994, PG, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Erin Brockovich** Fact-based legal drama starring Julia Roberts. (2000, 15, 133min) ★★★★
2.50 **The Back-Up Plan** Romantic comedy starring Jennifer Lopez. (2010, 12, 100min) ★★
4.35 **to 6.35** AM **Star Trek: First Contact** Sci-fi adventure starring Patrick Stewart. (1996, 12, 110min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Monsoon** As 4.10am.
7.55 **Anatomy of a Murder** (1959)
10.40 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
12.55 PM **The Man with the Answers** Greek romantic drama. Subtitled. (2021, 12, 80min) ★★★★
2.25 **Lost in Translation** Bittersweet romantic comedy drama with Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
4.15 **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★
6.05 **Eternal Sunshine of the Spotless Mind** Offbeat comedy. (2004, 15, 108min) ★★★★★
8.00 **One Life** Fact-based drama starring Anthony Hopkins. Months before World War Two, a London stockbroker tries to rescue hundreds of children from Nazi-occupied Czechoslovakia. (2023, 12, 105min) ★★★★
9.55 **Poison** Drama starring Tim Roth. (2024, PG, 86min) ★★★★
11.30 **Anatomy of a Murder** Legal drama starring James Stewart. (1959, b/w, 12, 160min) ★★★★★
2.15 AM **Chuck Chuck Baby** (2023)
4.10 **Monsoon** Drama starring Henry Golding and Parker Sawyers. (2019, 12, 85min) ★★★★
5.50 **to 7.35** AM **Poison** As 9.55pm.

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.10 AM **Something in the Dirt**
8.10 **Next Exit** As 3.10am.
10.05 **The Ring** Chiller remake. (2002, 15, 115min) ★★★
12.10 PM **Stargate** Sci-fi adventure. (1994, PG, 125min) ★★★★
2.25 **The Meg** Action thriller. (2018, 12, 113min) ★★★
4.20 **The Ring Two** Horror chiller sequel starring Naomi Watts. (2004, 15, 110min) ★★★
6.20 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★
8.00 **Men in Black** Sci-fi action comedy starring Tommy Lee Jones and Will Smith. (1997, PG, 94min) ★★★★
9.45 **The Woman in Black** Chiller based on Susan Hill's ghost story, starring Daniel Radcliffe. (2012, 12, 91min) ★★★★
11.25 **The Woman in Black: Angel of Death** Horror sequel. (2014, 15, 95min) ★★★
1.10 AM **Something in the Dirt** Sci-fi comedy drama. (2022, 15, 116min) ★★★★
3.10 **Next Exit** Sci-fi comedy. (2022, 15, 106min) ★★★
5.00 **to 6.35** AM **Lovely, Dark, and Deep** Horror chiller. (2023, 15, 87min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.15 AM **Harold and the Purple Crayon** (2024, PG) ★★★
8.55 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
10.25 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
12.40 PM **My Penguin Friend** Drama. (2024, PG, 105min) ★★★★
2.25 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
4.00 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
5.25 **Stardust** (2007, PG) ★★★★

7.40 Look Who's Talking Too

7.40 Look Who's Talking Too Family comedy sequel starring Kirstie Alley and John Travolta. (1990, 12, 77min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 The Karate Kid Part II Martial arts adventure sequel starring Ralph Macchio and Noriyuki 'Pat' Morita. The Karate Kid and his mentor travel to Japan to settle a long-standing duel of honour. With Tamlyn Tomita. (1986, PG, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Ride On** Chinese action drama starring Jackie Chan. Subtitled. (2023, PG, 126min) ★★★
1.35 AM **Look Who's Talking Now** Comedy sequel starring John Travolta. (1993, 12, 95min) ★
3.20 **Beethoven's 2nd** Comedy sequel starring Charles Grodin. (1993, U, 89min) ★★
5.00 **to 6.40** AM **Pups United** Family adventure starring Matthew James Roberts. (2015, U, 89min) ★★★

Sky Cinema Action

307 307 407 507 521

7.50 AM **The Young Master**
9.45 **Royal Warriors** As 3.05am.
11.30 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
1.10 PM **The Cinema List: Swords and Sandals**
1.30 **Fast & Furious 7** Action thriller sequel with Vin Diesel. (2015, 12, 132min) ★★★★
3.50 **Twister** Disaster drama. (1996, PG, 114min) ★★★
5.50 **The Mummy** Adventure. (1999, 15, 124min) ★★★★

5.50 The Mummy

8.00 The Mummy Returns Action adventure sequel starring Brendan Fraser. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries – an evil ancient Egyptian high priest and a fierce warrior who has been frozen in time for five millennia. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Django Unchained Quentin Tarantino's Western starring Jamie Foxx, Christoph Waltz and Leonardo DiCaprio. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **The Young Master** Martial arts action comedy. (1980, 15, 86min) ★★★
3.05 **Royal Warriors** Thriller. (1986, 18, 96min) ★★★
4.45 **Sky Cinema Preview**
5.40 **to 7.25** AM **Hudson Hawk** Anarchic action comedy. (1991, 15, 97min) ★★★

Sky Cinema Buddy Films

308 308 408 508 522

6.15 AM **Weird Science** (1985)
8.00 **Beverly Hills Cop II** (1987)
9.50 **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
11.50 **The Cable Guy** Black comedy. (1996, 12, 96min) ★★★★
1.30 PM **Ace Ventura Pet Detective** (1993, 12) ★★★★
3.00 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
4.40 **Weird Science** Teen comedy. (1985, 12, 94min) ★★★
6.20 **Wayne's World** As 2.05am.

6.20 Wayne's World

8.00 Wayne's World 2 Comedy sequel starring Mike Myers and Dana Carvey. Cable TV show hosts Wayne and Garth discover their destiny is to stage a huge rock concert. (1993, PG, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy Judge Reinhold and Brigitte Nielsen. (1987, 15, 99min) ★★★
2.05 **Wayne's World** Comedy with Mike Myers and Dana Carvey. (1992, PG, 95min) ★★★★
3.55 **Wayne's World 2** As 8.00pm.
5.45 **to 6.35** AM **Sky Cinema Preview**

Sky Cinema Thriller

309 309 409 509 523

7.50 AM **Paradise Highway**
9.55 **Every Breath You Take**
11.50 **Absolution** As 10.40pm.
1.50 PM **Split** M Night Shyamalan's thriller starring James McAvoy. (2016, 15, 117min) ★★★
4.00 **Paradise Highway** Thriller starring Juliette Binoche. (2022, 15, 115min) ★★★★
6.05 **Every Breath You Take** Thriller, starring Casey Affleck and Michelle Monaghan. (2021, 15, 105min) ★★★

10.40 Absolution

8.00 The Da Vinci Code Conspiracy thriller based on the bestseller by Dan Brown, starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 Absolution Crime thriller starring Liam Neeson and Ron Perlman. (2024, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Detroit** Fact-based drama starring John Boyega. (2017, 15, 143min) ★★★★
3.10 **Battle Royale** Japanese satirical thriller. Subtitled. (2000, 18, 113min) ★★★★
5.15 **to 7.10** AM **American Star** Thriller starring Ian McShane. (2023, 15, 107min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **13 Rue Madeleine** Thriller. (1946, b/w, U, 95min) ★★★
12.55 PM **Gunman's Walk** Western. (1958, PG, 95min) ★★
2.45 **Yesterday's Enemy** War drama. (1959, b/w, PG, 95min) ★★★★
4.40 **The Man from Laramie** Western starring James Stewart. (1955, U, 104min) ★★★
6.45 **Independence Day: Resurgence** Sci-fi adventure. (2016, 12, 120min) ★★★

10.50 Conan the Barbarian

Independence Day: Resurgence (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Transporter Action thriller starring Jason Statham. An underworld courier discovers he is unwittingly transporting a kidnapped Chinese woman and uncovers an international slavery ring. (2002, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Conan the Barbarian Fantasy action adventure starring Jason Momoa and Rachel Nichols. (2010, 15, 112min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 **to 2.45** AM **The Warrior** Asif Kapadia's epic Indian adventure starring Irfan Khan and Noor Mani. Subtitled. (2001, b/w, 12, 86min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

6.00 AM **Home Delivery** Comedy. (2023, 15, 86min) ★★★
7.45 **Between the Temples** Comedy. (2024, 15, 111 min) ★★★★
9.45 **The Line** As 11.35pm.
11.30 **Your Monster** Horror comedy. (2024, 15, 104min) ★★★★
1.20 PM **The Parenting** As 1.20am.
3.00 **Wicked** Musical fantasy adventure starring Cynthia Erivo. (2024, PG, 160min) ★★★★

5.45 **William Tell** Historical action drama starring Claes Bang. (2025, 15, 133min) ★★★
8.00 **Cleaner** Action thriller starring Daisy Ridley and Clive Owen. (2025, 15, 97min) ★★★
9.45 **MaXXXine** Thriller starring Mia Goth. In 1980s Hollywood, adult film star and aspiring actor Maxine Minx is stalked by a mysterious killer. With Lily Collins. (2024, 18, 110min) ★★★
11.35 **The Line** Drama starring Alex Wolff. (2023, 15, 100min) ★★★

1.20 AM **The Parenting** Horror comedy starring Nik Dodani. (2025, 15, 94min) ★★★
3.00 **Omni Loop** Sci-fi drama. (2024, 12, 112min) ★★★★
5.00 **to 7.10** AM **Exhibiting Forgiveness** Drama with André Holland. (2024, 15, 117min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.20 AM **Zulu** As shown at 4.55am.
9.40 **Shane** Vintage Western. (1953, PG, 118min) ★★★★★
11.40 **The Bridge on the River Kwai** Vintage World War Two drama. (1957, PG, 161 min) ★★★★★
2.30 PM **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
4.30 **Melancholia** Thriller starring Jeroen Krabbe and Susannah York. (1989, 15, 85min) ★★★

6.10 **The Italian Job** Classic crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
8.00 **Dirty Harry** Thriller starring Clint Eastwood. Maverick San Francisco cop Harry Callahan pursues a psychotic sniper. (1971, 15, 103min) ★★★★★
10.00 **Rear Window** Hitchcock thriller starring James Stewart and Grace Kelly. A housebound photographer comes to believe his neighbour is a killer. (1954, PG, 112min) ★★★★★

12.00 M'T **'About Last Night...'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★
2.10 AM **Melancholia** As 4.30pm.
3.55 **Sky Cinema Preview**
4.55 **to 7.20** AM **Zulu** Epic historical adventure with Michael Caine. (1963, PG, 138min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.30 AM **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
7.55 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
9.20 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
10.55 **Wallace & Gromit: The Curse of the Were-Rabbit** (2005)
12.30 PM **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★

2.25 **The Night Before Christmas in Wonderland** Animation. (2024, U, 80min) ★★★★
4.00 **The Angry Birds Movie** Animation. (2016, U) ★★★
5.40 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
7.10 **The Lego Ninjago Movie** Animation. (2017, U) ★★
8.55 **Rock Dog 2: Rock Around the Park** Animation. (2021, U) ★★
10.30 **Sinbad: Legend of the Seven Seas** (2003, U) ★★★★

12.00 M'T **Spirit: Stallion of the Cimarron** Animated adventure. (2002, U, 84min) ★★★
1.30 AM **Deep Sea** Animation. (2023, PG, 112min) ★★★
3.25 **The Canterville Ghost** Animation. (2023, PG) ★★
5.00 **to 6.35** AM **Rock Dog 2: Rock...**

Movies 24

312 313 419

7.00 AM **The Mistletoe Secret** Drama. (2019, PG, 83min) ★★
9.00 **Deck the Walls** Festive drama. (2024, PG, 90min) ★★
11.00 **Boyfriends of Christmas Past** Drama. (2021, PG, 84min) ★★
1.00 PM **Holiday Crashers** Comedy. (2024, PG, 90min) ★★
3.00 **A Tale of Two Christmases** Romantic comedy drama. (2022, PG, 84min) ★★

5.00 **Ghosts of Christmas Always** Fantasy. (2022, PG, 90min) ★★
7.00 **A Maple Valley Christmas** Romantic drama with Peyton List (2022, PG, 85min) ★★
9.00 **Letters to Santa** Festive fantasy starring Katie Leclerc and Rafael de la Fuente. A brother and sister use a magic pen that grants wishes to bring their estranged parents back together. (2023, PG, 84min) ★★
11.00 **The Holiday Stocking** Festive fantasy. (2022, PG, 84min) ★★

1.00 AM **Love at the Christmas Market** Romantic drama. (2023, PG, 88min) ★★
3.00 **to 5.00** AM **The Christmas Quest** Festive adventure. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Stagecoach West** (S1)
7.05 **Who Goes Next?** War drama. (1938, b/w, PG, 85min) ★★★
8.45 **Passport to Treason** Drama. (1956, b/w, PG, 80min) ★★
10.20 **The Glass Mountain** Drama. (1948, b/w, PG, 98min) ★★★
12.15 PM **Father's Little Dividend** Comedy sequel to *Father of the Bride*. (1951, b/w, U, 82min) ★★★
1.55 **The Brothers** 5/13. (S5)

3.00 **City of Bad Men** Western starring Dale Robertson. (1959, PG, 81 min) ★★★
4.35 **I Love Trouble** Crime drama starring Franchot Tone. (1947, b/w, PG, 93min) ★★★
6.25 **Strange But True**
7.00 **Danger UXB** 4/13. (S1)
8.05 **Van der Valk** 2/6. (S1)
9.05 **Maigret** 4/4. (S12)
11.00 **Sex (Re)education** 6/10. (S1)
11.30 **The Death of Adolf Hitler** Drama depicting the Nazi leader's final days. Stars Frank Finlay.

1.40 AM **Into the Blue** Feature-length thriller starring John Thaw and Abigail Cruttendan.
3.50 **Dr Morelle: The Case of the Missing Heiress** Mystery. (1949, b/w, PG, 73min) ★★★
5.20 **Tell Me Another**
5.50 **to 6.00** AM **Look at Life**

Wednesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **LIVE The Open** Coverage from the practice range staged at Royal Portrush ahead of the Major.
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
12.30 PM **LIVE Women's One-Day International Cricket England v India.** Coverage of the opening ODI in the three-match series staged at Utilita Bowl in Southampton. The visitors won the last series between the two teams 3-0 back in 2022, thanks to victories by 16 runs, 88 runs and seven wickets. Despite that, England have made a bright start to their new reign under captain Nat Sciver-Brunt and coach Charlotte Edwards after ODI and T20 series wins against the West Indies earlier on this summer.
9.00 **Sky Sports News** With live analysis, comment and interviews.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** Bolton Wanderers v Chelsea in the 2004/05 season.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Crystal Palace v Manchester City. **5.30** Highlights from Crystal Palace v Newcastle United. **6.00** Crystal Palace v Southampton at Selhurst Park. **6.30** Highlights from Crystal Palace v West Ham United.
7.00 **Premier League Stories**
7.30 **Premier League Highlights** Action from Everton v Brentford.
8.00 **Gary Neville's Soccerbox**
8.30 **David James: The One and Only**
10.00 **Class of '92: Full Time**
11.00 **Premier League Stories**
11.30 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup** The 2019 final.
8.45 **EFL Greatest Games**
10.00 **Best Moments from the Championship Play-Off Final**
10.30 **Best Moments from the League 1 & 2 Play-Off Final**
11.00 **Best Goals: EFL Cup 24/25**
11.30 **EFL Trophy** Birmingham City v Peterborough United in the final.
12.00 NOON **Championship Retro** Highlights of West Ham United v Blackpool from 2011/12.
2.00 PM **EFL Greatest Games**
4.00 **EFL Cup** Action from Liverpool v Manchester City in the 2016 final.
5.00 **1983: When Aberdeen Ruled Europe** The story of the greatest year in the history of Aberdeen.
6.00 **Championship Retro** Watford v Leicester City in the 2013 play-off semi-final second leg.
8.00 **EFL Greatest Games** Highlights of Reading v Cardiff City in 2017. **8.15** Bristol City v Man United. **8.30** Leeds United v Bristol City.
8.45 **EFL Greatest Games**
10.00 **EFL Cup** Manchester United v Southampton in the 2017 final.
11.00 **Celtic's Invincibles**
12.00 M'T **EFL** Archive action.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Vitality T20 Blast Cricket** Durham v Leicestershire Foxes.
9.20 **Ashes Greats** Adam Gilchrist.
9.30 **Best of ICC WT20**
10.00 **The Film Room: England v India**
10.30 **Test Cricket** England v India.
11.30 **Women's One-Day International Cricket**
12.30 PM **LIVE Women's One-Day International Cricket England v India.** Coverage of the first ODI in the three-match series from Utilita Bowl, Southampton. The visitors won the last series between the two teams 3-0 back in 2022.
9.00 **Ashes Greats** Player profiles.
9.30 **The Film Room: England v India**
10.00 **Best of England v India**
11.00 **Women's One-Day International Cricket**
12.00 M'T **Best of England v India**
1.30 AM **Best of ICC WT20**
2.00 **Women's One-Day International Cricket**
3.00 **Best of ICC WT20**
3.30 **Best of England v India**
4.00 **Women's One-Day International Cricket**
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **The Open: Official Films**
9.00 **LIVE The Open** Coverage from the practice range staged at Royal Portrush ahead of the Major.
12.00 NOON **The Open Live** Golf's leading stars and pundits preview the first day of the tournament.
2.00 PM **LIVE The Open** Coverage from the practice range at Royal Portrush ahead of the Major.
6.00 **Underdogs: The Untold Story** The 2009 Open Championship.
7.00 **The Open** Golf's stars and pundits preview the first day.
9.00 **This Is Open Country**
10.00 **Underdogs: The Untold Story** The 2009 Open Championship.
11.00 **PGA Tour: The Cut**
11.30 **HotelPlanner Tour Golf Highlights** Real Czech Challenge.
12.00 M'T **PGA Tour Champions**
1.00 AM **Golf's Greatest Holes**
2.00 **to 6.00** AM **The Open Films**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **LIVE ATP Tennis** Day two of the Los Cabos Open staged at Cabo Sports Complex, Mexico.
8.00 **WTA & ATP Tennis** Miami Open.
8.30 **LIVE WTA & ATP Tennis** Feauring the ATP Los Cabos Open, ATP Swedish Open, ATP Swiss Open Gstaad, WTA Iasi Open and WTA Hamburg Open.
6.00 PM **LIVE ATP Tennis** Coverage of the third day of the ATP Swiss Open Gstaad, a clay-court tournamet at Roy Emerson Arena.
7.30 **ATP Tennis** Monte-Carlo Masters.
8.30 **ATP Tour This Week**
9.00 **WTA Tennis** Recent finals.
11.00 **ATP Tennis** Buenos Aires Open.
12.00 M'T **Mirra Andreeva Podcast**
12.15 AM **Bitesize Tennis**
12.45 **Tim Henman Podcast 2024**
1.00 **WTA Tennis** Abu Dhabi Open.
2.00 **to 6.00** AM **LIVE ATP Tennis** Day three of the Los Cabos Open at Cabo Sports Complex, Mexico.

TNT Sports 1

410 413 521 408 430

6.00 AM **Formula E Highlights**
8.00 **FIA World Endurance Championship Highlights**
9.00 **Test Cricket Highlights**
10.00 **BMX Racing** From Latvia.
11.00 **Tour de France Highlights**
12.00 NOON **LIVE Tour de France** Coverage from the 11th stage, which is a 156.8km route starting and ending in Toulouse. Last year's 11th stage was won by Denmark's Jonas Vingegaard.
4.45 PM **Premier League Stories**
5.15 **MLB Plays of the Week**
5.45 **TNT Sports Reload**
6.15 **Test Cricket Highlights** Action from West Indies v Australia staged at Sabina Park in Kingston.
7.15 **LIVE Test Cricket West Indies v Australia.** Coverage of the fifth and final day of the third and final Test at Sabina Park. This is the first meeting between the teams in this format here since 2015, when Australia won by 177 runs.
3.30 AM **MLB Plays of the Week**
4.00 **Tour de France Highlights**
5.00 **UEFA Champions League – Stories of the Finals**
5.30 **to 6.00** AM **The WRC Magazine**

TNT Sports 2

411 414 522 409 431

6.00 AM **IFSC Climbing World Cup Highlights** In Chamonix, France.
7.00 **British Speedway** Action from Sheffield Tigers v Oxford Spires.
8.00 **Superbike World Championship Highlights**
9.00 **MotoGP** Grand Prix of Germany.
12.30 PM **MotoGP Chequered Flag**
1.30 **Superbike Rewind**
1.45 **T20 Cricket Highlights**
2.45 **LIVE International T20 Cricket Sri Lanka v Bangladesh.** Coverage of the third T20 in the three-match series at Ranasinghe Premadasa Cricket Stadium in Colombo. The teams last met here in this format in 2018, when Bangladesh claimed two victories at the venue in the space of six days.
6.30 **Ultimate Pool** Pairs Cup.
8.00 **MotoGP Highlights**
9.00 **Tom Aspinall's Fight Lab**
9.30 **Fight Week** UFC 318 preview.
10.15 **UFC Countdown**
11.15 **UFC** Derrick Lewis v Tallison Teixeira at Bridgestone Arena.
2.15 AM **UFC Reloaded**
4.00 **UFC Countdown**
5.00 **to 6.00** AM **IFSC Climbing World Cup Highlights**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **The Rugby Championship** Argentina v Australia from 2024.
8.00 **Women's World Matchplay Darts** Action from the 2023 tournament at Winter Gardens.
11.30 **My Icon** Sporting influences.
12.00 NOON **World Matchplay Darts** The 2023 final in Blackpool.
2.00 PM **British and Irish Lions Tour** Brumbies v British & Irish Lions. **3.00** Invitational Australia & New Zealand XV v British & Irish Lions.
4.00 **The Rugby Championship** Argentina v Australia from 2024.
6.00 **World Matchplay Darts** Action from the 2023 final in Blackpool.
8.00 **British and Irish Lions Tour** New Zealand v British & Irish Lions in the opening Test from 2017. **9.00** New Zealand v British & Irish Lions in the second Test from Westpac Stadium in 2017. **10.00** New Zealand v British & Irish Lions in the third Test of 2017.
11.00 **Lions Tour 2021: Two Sides** Documentary filmed during the 2021 tour of South Africa.
12.00 M'T **British and Irish Lions Tour**
3.00 AM **The Rugby Championship** Argentina v Australia from 2024.
5.00 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Highlights from Walsall v Chesterfield. **6.30** Highlights from AFC Wimbledon v Notts County.
7.00 **Good Morning Sports Fans**
8.30 **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the ATP Los Cabos Open, ATP Swedish Open, ATP Swiss Open Gstaad, WTA Iasi Open and WTA Hamburg Open.
6.10 PM **LIVE Vitality T20 Blast Cricket Middlesex v Surrey.** Coverage of the South Group match staged at Lord's, London. The visitors won this meeting last year with a comprehensive 56-run victory at the Home of Cricket. Surrey made 185-9 in their 20 overs with Tom Curran leading the way with 48 from just 28 balls, while Luke Hollman took an impressive 5-16 in his four overs for Middlesex. However, the hosts were restricted to 129-8 in their reply with Jack Davies top-scoring with 35 from 30 balls.
9.30 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **to 6.00** AM **EFL Highlights**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Indycar** From Newton, Iowa.
9.00 **PL Retro** Chelsea v Manchester United from the 2011/12 season.
11.00 **Ladies European Tour Golf**
12.00 NOON **Indycar** Recent action.
2.00 PM **PL Greatest Games**
3.00 **Chronicles of a Champion Golfer** A profile of Johnny Miller.
3.30 **DP World Tour Golf**
4.00 **LPGA Tour Golf** Highlights.
5.00 **Women's One-Day International Cricket**
7.00 **Indycar** Highlights from Iowa.
9.00 **Golf's Greatest Holes**
10.00 **The Open: Official Films**
11.00 **Test Cricket** England v India.
1.00 AM **PL Greatest Games**
2.00 **Women's One-Day International Cricket**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **The Open Films**

TNT Sports 3

413 415 523 410 432

6.00 AM **Classic Premier League**
12.00 NOON **Sign Up – Into Football**
1.00 PM **TNT Sports Cricket Reload**
1.15 **TCR World Tour Review**
1.45 **MotoGP Rewind**
2.00 **WNBA** Basketball action.
4.00 **SailGP – Racing on the Edge**
4.30 **Wimbledon** The 14th day.
6.00 **IFSC Climbing World Cup Highlights** From Chamonix.
7.00 **BMX Racing** Action from Latvia.
8.00 **Tour de France Men Highlights**
9.00 **The Gruppetto** Cycling action.
9.15 **TNT Sports Reload**
9.30 **Superbike World Championship Highlights**
10.30 **MLB Plays of the Week**
11.00 **IFSC Climbing World Cup Highlights** Action from the latest round in Chamonix, France.
12.00 M'T **Tour de France Highlights** Action from the 11th stage.
1.00 AM **Race Bikes** From 2009.
1.30 **Ultimate Pool** The Pairs Cup.
3.00 **to 6.00** AM **Motocross World Championship**

TNT Sports 4

414 416 524 411 434

6.00 AM **UCI Mountain Bike World Series Women**
7.30 **WNBA** Basketball action.
9.30 **MLB Classic** Home Run Derby.
11.00 **MLB** This year's Home Run Derby. **1.00** PM The All Star Game.
4.00 **FIA World Endurance Championship Highlights**
5.00 **AFL** A chance to see Richmond Tigers v Essendon Bombers. **6.30** A replay of Fremantle Dockers v Hawthorn Hawks. **8.00** Melbourne Demons v North Melbourne Kangaroos. **9.30** St Kilda v Sydney Swans. **11.00** A replay of Port Adelaide Power v West Coast Eagles.
12.30 AM **MotoGP Highlights**
1.30 **Superbike World Championship Highlights** Action from the seventh round of the season in the United Kingdom.
2.30 **British Speedway**
3.30 **SailGP – Racing on the Edge**
4.00 **to 6.00** AM **Formula E**

Premier Sports 1

419 551

6.00 AM **DTM Highlights**
7.00 **Motorsport** Valentino Rossi.
7.30 **World Surf League**
8.30 **FIM Sidecarcross** In Lommel.
9.30 **Transworld Sport** Magazine.
10.30 **Michelin Le Mans Cup**
11.00 **NASCAR Highlights**
12.00 NOON **Euro Le Mans Highlights**
1.00 PM **PSA Squash Highlights**
2.00 **DTM Highlights** In Norisring.
3.00 **UK Independent Kart Racing**
4.30 **Transworld Sport** Magazine.
5.30 **Premier Sports Cup**
7.30 **LIVE Premier Sports Cup Kilmarnock v Livingston.** Coverage from the BBSP Stadium Rugby Park. Kick-off 7.45pm.
10.15 **LaLiga Specials**
11.30 **Michelin Le Mans Cup**
12.00 M'T **NASCAR Highlights**
1.00 AM **Euro Le Mans Highlights**
2.00 **Transworld Sport** Magazine.
3.00 **UK Independent Kart Racing**
4.30 **DTM Highlights** In Norisring.
5.30 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

6.00 AM **IIHF World Championships**
8.15 **LaLiga Specials**
8.30 **GP Confidential** F1 news.
9.00 **NASCAR Xfinity Series**
12.00 NOON **FastZone** Motorsports.
12.30 PM **Bike World** Magazine.
1.00 **CONCACAF Gold Cup** USA v Guatemala in the first semi-final.
3.00 **LaLiga Specials** A look at the team of the season for 2024/25.
3.30 **CONCACAF Gold Cup** Mexico v Honduras in the second semi-final.
5.30 **Football's Greatest**
6.00 **LaLiga Specials**
7.00 **Temples of Sport** Iconic sporting venues from around the globe.
8.00 **NHL Ice Hockey** Edmonton Oilers v Florida Panthers in game two of the Stanley Cup Finals.
11.30 **Top 14 Rugby Union** Toulouse v Bayonne at Groupama Stadium.
1.30 AM **Temples of Sport**
2.30 **Scottish Cup Football** A replay of Aberdeen v Celtic in the final.
5.30 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **British GT Championship**
9.05 **Indy NXT** From Iowa Speedway.
10.05 **Indycar** Highlights from Iowa.
2.35 PM **Formula 1** The British Grand Prix staged at Silverstone.
6.50 **Formula 1** Season highlights. **7.00** The British Grand Prix.
8.00 **British GT Championship** Action from the sixth round of the season from Snetterton. **9.30** Highlights of the seventh round of the season at Snetterton.
11.05 **Indycar** The Synk 275. **12.05** AM Farm to Finish 275.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

SEE WHATTOWATCH.COM FOR SCHEDULE UPDATES

17 July

Evening Planner

Golf

The Open Championship

Sky Sports Main Event & Sky Sports Golf, coverage starts at 6.30am

Could Rory McIlroy take home advantage at Royal Portrush, in Northern Ireland?

Documentary

The Hotel Inspector

5, 8pm

Alex Polizzi returns to offer more valuable advice to struggling hotel and B&B owners, starting in Dartmoor.

OnDemand

NETFLIX

Untamed

Available today

Sam Neill (right) and Eric Bana star in this drama about a killer who is hiding out in the wilds of Yosemite National Park.

OnDemand

Paramount+

Star Trek: Strange New Worlds

Available today

Captain Pike and his *Enterprise* crew return for a third season of the *Star Trek* prequel.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives... †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 Not Going Out	9.30 Would I Lie to...	10.00 News; Local News	
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Gardeners' World		9.00 Golf: The Open Highlights			10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale		8.30 Bradley &... †	9.00 Who Wants to Be a Millionaire?... †		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Supercruising: Life at Sea		9.00 Trump: Moscow's Man in the White...		10.00 24 Hours in Police Custody: Lost Boys	
	105 5	7.00 Cornwall: A Year by the Sea		8.00 The Hotel Inspector		9.00 The Great Fire of London with Rob Rinder & Ruth Goodman			10.30 The Hospital...
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Rob & Romesh vs Art		9.00 The Walking Dead: Dead City		10.00 Never Mind the Buzzcocks	
ENTERTAINMENT	115 BBC3	7.00 Deadly...	7.25 The Fast and the...	8.00 Top Gear		9.00 Ghosts US		10.00 Such Brave Girls	
	116 BBC4	7.00 A Summer...	7.30 Canal Boat...	8.00 Shark: Beneath the Surface		9.00 Film: The Shining			
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Olivia Attwood: The Price of...	
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country		9.00 Law & Order: Special Victims Unit			
	108 SKY ATLANTIC	‹ 6.30 Six Feet Under		7.35 Game of Thrones		9.00 The Gilded Age		10.10 Big Little Lies	
	110 U&GOLD		7.10 Dad's Army	7.50 Still Open All Hours	8.25 The Vicar of Dibley	9.05 The Vicar of Dibley Easter 1996...		10.00 The Royle Family	10.35 The Fast...
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 Tour de France Highlights		8.00 King of the Roads		9.00 River Monsters		10.00 An Audience with Billy Connolly	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Austin Powers in Goldmember			
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 From the Earth to the Moon		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Art		9.00 The Walking Dead: Dead City		10.00 Never Mind the Buzzcocks	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Bookish			
	130 SKY ARTS	7.00 Stories from Tate Britain		8.00 Discovering: Susan Sarandon		9.00 The Directors		10.00 Simon & Garfunkel: Old Friends...	
	132 U&W	7.00 The Shift: Women on the Force		8.00 One Born Every Minute				10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Naked and Afraid: Last One Standing			
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Airport Lost & Found		9.00 Car S.O.S.		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People: Serpent Invasion		9.00 The UnBelievable with Dan Aykroyd		10.00 Alien Corridors	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Bangers & Cash		9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Elvis Presley: The Searcher							
FILMS – Sky Cinema	301 PREMIERE	‹ 5.40 Joker: Folie à Deux		8.00 Wicked					
	302 2025 RECAP	‹ 5.10 Wicked		8.00 The Fall Guy				10.10 It Ends with Us	
	303 HITS	‹ 5.40 The Amazing Spider-Man		8.00 The Amazing Spider-Man 2					10.25 Erin Brockovich
	304 GREATS	‹ 5.45 Serpico		8.00 Last Action Hero				10.15 Midnight Run	
	305 ANIMATION	‹ 5.40 Sing	7.35 Barnyard			9.10 Deep Sea			
	306 FAMILY	‹ 5.55 The Smurfs	7.45 The Smurfs 2				9.40 The Karate Kid: Part III		
	307 ACTION	‹ 6.10 The Fast and the Furious: Tokyo Drift		8.00 Fury				10.15 Django Unchained	
	308 BUDDY FILMS	‹ 6.15 Blades of Glory		8.00 Happy Gilmore			9.45 Bad Boys for Life		
	309 THRILLER	‹ 6.25 Retribution		8.00 Angels & Demons					10.25 Battle Royale
	310 DRAMA	‹ 5.35 The Great Gatsby		8.00 Chicago				9.55 Grease	
	311 SCI-FI	‹ 6.35 Friendship's Death		8.00 Dune: Part Two					
	313 FILM4	‹ 6.40 Jumanji: Welcome to the Jungle				9.00 Braveheart			
SPORT	401 MAIN EVENT	‹ 6.30 The Open – Live: Coverage of day one of the Major					9.30 Sky Sports News	10.00 PGA Tour Golf – Live	
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 PL Special: The Centurions		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Retro League One		8.00 EFL Greatest Games				10.00 EFL Cup Retro	10.30 EFL
	404 CRICKET	‹ 6.00 Vitality T20 Blast Cricket – Live: Yorkshire Vikings v Lancashire Lightning					9.45 Ashes Greats	10.15 Best of England v India	
	410 TNT SPORTS 1	‹ 6.00 World Rally Championship – Live		8.00 Tour de France Men Highlights		9.00 Ultimate Pool			10.30 PL Stories
	411 TNT SPORTS 2	‹ 6.00 Tom Daley: 1.6 Seconds		8.00 MLB Plays of...	8.30 MLB: Off the Bat	9.00 MLB			

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

TONIGHT'S BBC AND ITV SCHEDULES WILL BE AFFECTED BY EURO 2025 SEE WHATTOWATCH.COM FOR UPDATES

Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain: Scams** (S)(R)
10.15 **Fraud Squad** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** New edition Homes in Norfolk, Northampton and London. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **Bridge of Lies** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show this evening's football, the schedule will be: **7.30pm LIVE Football: Women's Euro 2025** Coverage of the second quarter-final from Stadion Letzigrund in Zurich, as the winners of Group C face the runners-up in Group D. Kick-off is at 8.00. (S) **10.10 BBC News** (S) **10.40 Local News** (S) **10.50 FILM King of Thieves** Crime drama starring Michael Caine. (S) (2018, 15, 100min) ★★ **12.30am Such Brave Girls** (S)(R) **1.30 Weather for the Week Ahead** (S) **1.35-6.00am BBC News** (S)

7 PM

7.00 Our Lives: Dolphin Town New edition Following bottlenose dolphins at New Quay, west Wales. (S)(AD)

7.30 EastEnders Stacey gets some surprising news, while Ravi shares a new plan with Harry. (S)(AD)

8 PM

8.00 Sort Your Life Out with Stacey Solomon Stacey and a team of experts help families declutter their homes, moving all their possessions into a warehouse, where they are encouraged to recycle and donate items. (S)(R)

9 PM

9.00 Not Going Out Series finale 6/6. Lee uses discount vouchers to book a hotel room. (S14) (S)(AD) ■ Entire series on BBC iPlayer

9.30 Would I Lie to You? Panellists include James Acaster and Fred Sirieix. (S)(R)

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 FILM King of Thieves Crime drama based on the Hatton Garden heist, starring Michael Caine, Jim Broadbent, Tom Courtenay and Charlie Cox. Retired criminals attempt to pull off a major burglary in London's jewellery district. (S) (2018, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.20 AM **Such Brave Girls** 5/6. Josie faces her greatest fear. (S)(R)(AD) **12.50** 6/6. The family's home and their future all hang in the balance as Josie struggles to maintain her lies to Seb. (S2) (S)(R)(AD)
1.20 **Weather for the Week Ahead** Seven-day forecast. (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Money for Nothing** (S)(R)
7.15 **Garden Rescue** (S)(R)
8.00 **Sign Zone: Springwatch** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Ancient Invisible Cities** Michael Scott reveals the historical secrets of ancient Athens. (S)(R)(AD)
4.15 **The Life of Mammals** (S)(R)(AD)
5.15 **Flog It!** From Gloucester. (S)(R)
6.00 **Richard Osman's House of Games** With former winners Nihal Arthanayake, Jay McGuiness, Lucy Porter and Jan Ravens. (S)(R)
6.30 **Robson Green's Weekend Escapes** Robson is joined by former England rugby union player Sarah Hunter. (S)(R)(AD)

8.00 Gardeners' World

7.00 Celebrity Antiques Road Trip Comedians Tez Ilyas and Eshaan Akbar are joined by Charles Hanson and Roo Irvine as they dig for antique treasures in Lancashire, where they find an art deco grandmother clock and a train set. (S)(R)

8.00 Gardeners' World New edition Joe Swift, Arit Anderson, Frances Tophill, Adam Frost and Jamie Butterworth profile a new flower show at RHS Wentworth Woodhouse in Yorkshire. (S)

9.00 Golf: The Open Highlights Action from the opening day of the Major staged at Royal Portrush Golf Club in County Antrim. England's Dan Brown, playing in his first Major, held a shock lead at the end of the opening day last year at Royal Troon, carding a six-under par 65 on his Major debut. (S)

10.30 Newsnight (S)

11.00 **Human** 1/5. Palaeoanthropologist Ella Al-Shamahi tells the story of humanity across 300,000 years of evolution. (S)(R)(AD)
12.00 M'T **Sign Zone: Money for Nothing** Jacqui Joseph tries out a bold peacock design. (S)(R)
1.00 AM **Sign Zone: Policing Paradise**
1.30 **Sign Zone: Ambulance** (S)(R)
2.30 **Sign Zone: Live Aid at 40 – When Rock 'n' Roll Took on the World** 3/3. (S)(R)(AD)
3.30 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Alexander Armstrong, Natasha Hamilton and Jamie Laing. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show this evening's football, the schedule will be: **7.15pm LIVE Football: Women's Euro 2025** Coverage of the second quarter-final from Stadion Letzigrund in Zurich, as the winners of Group C face the runners-up in Group D. Kick-off is at 8.00. (S) **10.20 ITV News** (S) **10.55 Local News** (S) **11.10 Long Lost Family: Born Without Trace** (S)(R)(AD) **12.05am Tour de France Highlights** (S)(R) **12.55-3.00am Teleshopping**

7.30 Emmerdale Everyone gathers together as Nate's funeral takes place, while John struggles under pressure and Paddy tries to stifle his panic. (S)(AD)

8.30 Bradley & Barney Walsh: Breaking Dad 6/6. The actor and his son conclude their latest trip by heading to Norway, going into the Arctic Circle to try out one of the world's most northerly surfing spots. (S)(R)(AD)

9.00 Who Wants to Be a Millionaire? Celebrity Special Jeremy Clarkson hosts a celebrity version of the quiz as Laura Kenny and Krishnan Guru-Murthy try to answer questions to win cash for their chosen charities. (S)(R)

10.00 ITV News (S)
10.30 Local News (S)
10.45 Long Lost Family: Born Without Trace A man left as a baby in a London phone box tries to find his birth family. (S)(R)(AD)

11.40 **Tour de France Highlights** Action from stage 12, a 180.6km route from Auch to Hautacam. (S)(R)
12.30 AM **Teleshopping**
3.00 **Joanna Lumley's Danube** 2/3. The second leg of Joanna's adventure takes her to the landlocked countries of Slovakia and Hungary. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy & Shivi's Farmhouse Breakfast** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 16-19/22. (S2) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** (S5&6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** A residential worker and apprentice electrician renovate a house in Chirk, north Wales. (S)(R)
5.00 **Chateau DIY** At Château de Seguenville, Becky and Mark start their own gîte project. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** New edition Former chef Liz from Lincolnshire asks for help to find a suitable property in Spain. (S)

9.00 Dispatches

7.00 News (S)

8.00 Supercruising: Life at Sea New edition 3/8. The navigation team sailing the Americas have a tricky manoeuvre to manage while traversing the Panama Canal, as cruising the locks requires maximum skill and concentration. (S)(AD)

9.00 NEW Dispatches: Trump – Moscow's Man in the White House Investigating the factors apparently underpinning Donald Trump's relationship with Vladimir Putin. (S)(AD)

10.00 24 Hours in Police Custody: Lost Boys Following officers from Bedfordshire Police as they investigate the disappearance of a 15-year-old boy. (S)(R)(AD)

11.05 **24 Hours in A&E** (S)(R)(AD)
12.05 AM **999: On the Front Line** (S)(R)
1.00 **Ramsay's Hotel Hell** (S)(R)(AD)
1.50 **Michael Mosley: Secrets of the Superagers** (S)(SL)(R)(AD)
2.45 **FILM Spell** Horror starring Omari Hardwick and Loretta Devine. (S) (SL)(AD) (2020, 15, 95min) ★★★
4.20 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM PREMIERE** **Stranger on the Shore** Crime thriller starring Koko Marshall. (S) (2023, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Colin tries to raise cash to re-home two donkeys. (S)(R)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Graeme Hall meets a cockapoo called Bailey that is constantly embarrassing owner Ilana when he helps himself to food from the dinner table. (S)(R)
6.55 **News** (S)

9.00 The Great Fire of London...

7.00 **Cornwall: A Year by the Sea** 3/4. It is autumn and Matt is training his young sheepdog Moose, while the pregnant ewes are scanned. (S)(R)
7.55 **News** (S)

8.00 **NEW SERIES** **The Hotel Inspector** Alex Polizzi returns to answer a call for help from hoteliers Terry and Nikki in the heart of Dartmoor National Park in Devon. (S)

9.00 **NEW** **The Great Fire of London with Rob Rinder & Ruth Goodman** Rob and Ruth examine London's Great Fire of 1666, and discover whether wealth really made a difference to chances of survival. (S)(AD)

10.30 **The Hospital: Life on the Line** Chuck Maclean and his team carry out a complex five-hour operation on 60-year-old Margo, who is in urgent need of life-saving surgery to fix a faulty heart valve. (S)(R)

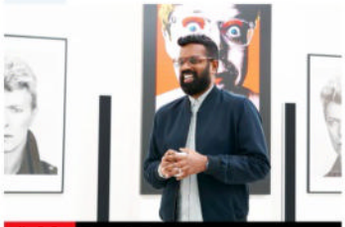
11.30 **A&E After Dark** New edition A 60-year-old biker is injured in a collision with a car. (S)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S8) (S)(R)(AD)
3.45 **Carol Drinkwater's Secret Provence** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **New Kids in the Wild** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 2/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Bart Star:* Homer becomes a junior football coach. (S)(R)
5.30 *Marge the Meanie:* A surprise from Marge's past has her bonding with Bart. (S)(R)
6.00 *The Two Mrs Nahasapeemapetilons:* Apu's mother arrives in Springfield to organise his marriage. (S)(R)
6.30 *Lisa the Skeptic:* Lisa finds an unusual fossil during an archaeological dig. (S)(R)



8.00 Rob & Romesh vs Art

7.00 **The Office (US)** *Search Committee – Part Two:* 26/26. The search committee continues to look for a new boss. (S7) (S)(R)
7.30 *The List:* 1/24. Robert California becomes Dunder Mifflin Sabre's CEO. (S8) (R)

8.00 **Rob & Romesh vs Art** Comedians Rob Beckett and Romesh Ranganathan delve into the world of art and create exhibitions for the Saatchi Gallery. (S)(R)(AD)

9.00 **The Walking Dead: Dead City** New episode *Another S****y Lesson:* 2/8. Maggie begins a treacherous trek to New York, while Negan reluctantly joins the fight. (S2) (S)(AD)
■ Entire series on Box Sets

10.00 **Never Mind the Buzzcocks** Greg Davies welcomes Nova Twins, Alex Brooker and Danny Jones. (S)(R)(AD)
10.45 Gregory Porter, Amy Gledhill and Chesney Hawkes join the regulars on the music quiz. (S)(R)(AD)

11.30 **Curb Your Enthusiasm** 1/10. Larry invests in a restaurant with Jeff, Michael York and Ted Danson. (S3) (S)(R)
12.05 AM 2/10. One of Larry's guests becomes ill. (S3) (S)(R)
12.40 **The Force: North East** (S)(R)
1.35 **Road Wars** Double bill. (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 2/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm House of the Year (S)(R) **11.10** **FILM** King of Thieves (S) (2018, 15, 105min) ★★ **12.55am** Such Brave Girls (S)(R) (AD) **1.50-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:

WALES
8.30-9.00pm Backstage New edition (S)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cysgu O Gwmpas (AD) **12.30** Y Byd ar Bedwar **1.00** Prynhawn Da New edition **1.55** Newyddion a'r Tywydd **2.00** **LIVE** Seiclo: Tour de France **4.55** Og y Draenog Hapus **5.00** Stwnsh **6.00** Radio Fa'ma (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Byd yn ei Le: Diwedd Tymor **9.35** Seiclo: Tour de France **10.05** Y Sioe 2024 **11.05-11.55pm** 24 Awr Newidiodd Gymru

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly Predators**
7.25 **The Fast and the Farmer-ish** Tractor racing.
7.55 **The Catch Up**
8.00 **Top Gear** The Lotus T125.
9.00 **Ghosts US** New episodes 16/22. Jay's cousin Sunil visits Woodstone Mansion. **9.20** 17/22. Pete makes good on his promise to find someone for Sasappis. **9.40** 18/22. The spirits try to get Sasappis across the boundary to visit Shiki. (S4)
10.00 **Such Brave Girls** New episode 5/6. Josie faces her greatest fear. **10.30** Series finale 6/6. Josie struggles to maintain her lies to Seb. (S2)
■ Entire series on BBC iPlayer
11.00 **NEW** **Govan Fair Queen** Comedy with Elaine C Smith.
11.15 **Him & Her** 6&7/7. (S3)
12.10 AM **The Tooney and Russo Show** New edition
12.35 **Brickies** Documentary.
1.05 **Top Gear** As 8.00pm.
2.05 **Him & Her** 6&7/7. (S3)
3.05 **to 4.00** AM **Such Brave Girls**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Brighton.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help Sue and Roy in Poole, Dorset.
6.55 **The Dog House Australia** New edition A family search for a therapy dog for their neurodivergent son.
7.55 **The Dog House** Analyst Tom regards dog ownership as a high-risk activity, but his girlfriend offers reassurance. Monty, an 11-year-old Labrador, is relying on Tom to throw caution to the wind.
9.00 **24 Hours in A&E** Nurse Emma is called to resus to help 71-year-old Thomas who has had a suspected stroke. Emma has a narrow window of time to give Thomas a life-saving drug. **10.00** Emergency care nurse Tim reflects on his role and describes the impact his GP father had on his life.
11.05 **Emergency Helicopter Medics** Air ambulance paramedics attend to a night-time crash in Norfolk.
12.05 AM **The Good Doctor**
1.05 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey: The Severn** Exploring the stretch of the Severn between Shepperdine and the mouth of the Avon.
7.30 **Canal Boat Diaries** Robbie crosses an epic aqueduct near Stratford-upon-Avon.
8.00 **Shark: Beneath the Surface** A look at how scientists are challenging perceptions of the predators.
9.00 **FILM** **The Shining** Stanley Kubrick's chilling adaptation of Stephen King's novel, starring Jack Nicholson and Shelley Duvall. (1980, 15, 119min) ★★★★★
10.55 **FILM** **Manhunter** Psychological thriller starring Brian Cox and William L Petersen. An ex-FBI agent comes out of retirement to catch a serial killer. (1986, 18, 118min) ★★★★
12.50 AM **A Summer Journey: The Severn** As 7.00pm.
1.20 **Canal Boat Diaries**
1.50 **Plague Fiction**
2.50 **to 3.50** AM **Shark: Beneath the Surface**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Homer's Paternity Coot.*
7.00 **The Simpsons** *I'm Spelling as Fast as I Can:* Lisa is offered a college scholarship. **7.30** *The Italian Bob:* The family head to Italy.
8.00 **Below Deck** New edition The interior is rife with conflict as Barbie continues to test boundaries with Fraser.
9.00 **Gogglebox** Opinions on *Love Is Blind, Scared of the Dark* and *Britain's Got Talent.* **10.00** Views on *Big Beasts* and *The Yorkshire Vet.*
11.05 **First Dates**
12.10 AM **The Big Bang Theory**
1.10 **Rick and Morty**
1.40 **Mike Tyson Mysteries** New episodes (S3&4)
2.10 **Brooklyn Nine-Nine**
3.00 **Modern Family**
3.25 **Below Deck**
4.15 **Ramsay's Kitchen Nightmares USA**
5.05 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue**
12.00 NOON **The Good Doctor**
1.00 PM **FBI** 13/15. A finance CEO is shot during a protest. (S3)
2.00 **FBI: Most Wanted** 12/15. A man accidentally shoots a cop in self-defence. (S2)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

10.00 **Law & Order: SVU**

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 Fire Country *Like Breathing Again:* 2/10. The crew are called to complete a dangerous cave rescue. (S2)

9 PM

9.00 Law & Order: Special Victims Unit New episode *Accomplice Liability:* 17/20. Carisi appears as a witness in a trial.

10 PM

10.00 Law & Order: Special Victims Unit New episode *The Accuser:* 18/20. A decades-old secret is uncovered. (S26)
11.00 **FBI** 7&8/22. Double bill of the crime drama. (S5)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **The Real A&E**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.40 **The Sopranos** 14&15/21. (S6)
9.40 **Six Feet Under** 1&2/13. (S1)
11.50 **Game of Thrones** 3/6. (S8)
1.15 PM **Domina** 5&6/8. (S2)
3.15 **The Sopranos** 14/21. Johnny Sack deals with some devastating news.
4.15 15/21. Tony leaves town to avoid the FBI. (S6)
5.20 **Six Feet Under** 1/13. Pilot episode of the drama series starring Peter Krause.
6.30 2/13. Nathaniel Fisher's will is read. (S1)

10.10 **Big Little Lies**

7.35 Game of Thrones *The Long Night:* 3/6. The Night King and the army of the dead reach Winterfell, and an epic battle between the living and the dead begins. (S8)

9.00 The Gilded Age *Marriage Is a Gamble:* 4/8. Bertha must deal with unwanted rumours, her sister and an unwilling bride. (S3)

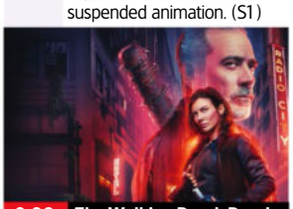
10.10 Big Little Lies *She Knows:* 4/7. Renata throws Amabella a disco-themed party, and Celeste begins to unravel. (S2)
11.05 **Homicide: Life on the Street** 10/22. A riot leads to murder when a bus strikes a black female pedestrian. (S7)
12.05 AM **American Rust** (S1)
2.15 **The Night Of** 5/8. (S1)
3.30 **Game of Thrones** 3/6. (S8)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 10/13. (S9)
9.00 **Stargate Atlantis** (S1)
11.00 **SEAL Team** 16/22. (S1)
12.00 NOON **The Flash** 11/13. (S9)
1.00 PM **Hawaii Five-0** (S9)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 2/22. (S5)
5.00 **SEAL Team** 15/22. Cerberus provides the unit with a new lead in their mission to avenge Team Echo's deaths. (S1)
6.00 **Stargate Atlantis** 15/20. Dr Weir is found in suspended animation. (S1)



9.00 **The Walking Dead: Dead...**

7.00 Stargate Atlantis *The Brotherhood:* 16/20. The team set off to search the planet Dagan for a Zero Point Module. (S1)

8.00 Rob & Romesh vs Art The comedians delve into the world of art and create exhibitions for the Saatchi Gallery.

9.00 The Walking Dead: Dead City New episode *Another S****y Lesson:* 2/8. Maggie treks to New York. (S2)
■ Entire series on Box Sets

10.00 Never Mind the Buzzcocks With guests Nova Twins, Alex Brooker and Danny Jones.
10.45 With Gregory Porter, Amy Gledhill and Chesney Hawkes.
11.30 **The Force: North East** Double bill of the crime documentary series.
1.30 AM **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** 7/22. (S13)
4.00 **S.W.A.T.** 2/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Salt...**
12.15 PM **Celebrity Dinner Date**
1.15 **Georgia and Tommy**
2.10 **The Only Way Is Essex**
3.10 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

10.05 **The Price of Perfection**

7.00 Deal or No Deal Stephen Mulhern hosts as Tracie takes on the Banker for the chance to win a life-changing cash prize.

8.00 Million Dollar Listing: LA A downturn in the market comes as a very rude awakening to Altman, Flagg and Tracy.

9.00 Love Island New edition Reality show in which singletons compete in the hopes of finding love and winning a £50,000 prize.

10.05 Olivia Attwood: The Price of Perfection Series finale 6/6. People that have spent over £100,000 on surgery.
11.05 **Family Guy** 16&12/21. (S12)
12.05 AM **American Dad!** (S11)
1.05 **Bob's Burgers** 10/16. The family's power goes out. (S14)
1.35 **Totally Bonkers Guinness World Records**
2.05 **Ruby Speaking** 5/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal** *In the Air.*
11.35 **Heartbeat** Double bill.
1.45 PM **Classic Emmerdale**
2.45 **Classic Coronation Street**
3.45 **Midsomer Murders** *Market for Murder:* A prominent villager is battered to death.
5.50 **Heartbeat** *Arms and the Man:* There is trouble in the village when a group of local children get their hands on some wartime ammunition.

3.45 **Midsomer Murders**

6.55 Heartbeat *Treading Carefully:* Nick and Kate get plenty of advice from the locals when their marriage runs into trouble.

8.00 Vera *A Certain Samaritan:* The ugly truth about a murder victim's past begins to emerge when the body of a drug dealer washes up on a beach, while Vera copes with revelations of her own.

10.00 Foyle's War *Eagle Day:* The detective faces a dilemma when a murder investigation leads him to the radar station where his son was working on a classified operation.
12.00 M'T **Grace** *Not Dead Yet:* An attack on the Brighton music scene and a discovery on a pig farm force Grace to split his team to investigate both.
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Forest** The observatory near Dalmellington hosts a stargazing event.
8.00 **Beechgrove Garden** New edition Featuring advice on the best way to prune wisteria.
8.30 **Loggerheads** The two teams head for the Isle of Skye.
9.00 **Granite Harbour** 3/3. Lindo and Bart face a race against time to save innocent lives. (S2)
10.00 **Two Doors Down** 4/6. Michelle invites Beth, Cathy and Christine over for a girls' night. (S5)
10.30 **Situationships with Sophie and Christine** New edition 5/8. Relationship advice.
11.00 PM **to 12.00** M'T **Mark Nelson: Live from Dumfries** Stand-up.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto**
9.00 **The Conners** (S5)
10.00 **Dice** 5&6/6. (S1)
11.20 **Flight of the Conchords**
12.40 PM **Silicon Valley** (S3)
2.00 **Dice** 5&6/6. (S1)
3.15 **Upright** 5&6/8. (S2)
4.25 **Flight of the Conchords**
5.45 **The Conners** (S5)
6.45 **The Office (US)** (S7&8)
7.45 **Silicon Valley** 1/10. Richard struggles with the new focus on Dinesh's video-chat app.
8.25 2/10. Richard locks horns with Dinesh. (S4)
9.00 **Girls** 7/10. Shoshanna helps Ray with his election campaign.
9.40 8/10. Desi and Marnie clash. (S4)
10.20 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.20 **Curb Your Enthusiasm**
12.40 AM **Enlightened** (S1)
2.00 **And Just Like That...** New episode 8/12. (S3)
3.00 **Somebody Somewhere**
4.30 **to 5.00** AM **Sort Of**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Classic FM's Rising Stars**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Brontës by Anita Rani** Documentary.
3.00 **Classic Movies**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Stories from Tate Britain** 1/2. Behind the scenes at the gallery.
8.00 **Discovering**
9.00 **The Directors**
10.00 **Simon & Garfunkel: Old Friends – Live**
12.30 AM **Classic Movies**
1.30 **The Art of Film with Ian Nathan**
2.30 **Miyazaki: Spirit of Nature** Documentary.
4.05 **Landmark**
5.05 **to 6.00** AM **Inside Art**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 13/26. (S1)
8.00 **Star Trek: Deep Space Nine** 23/26. (S2)
9.00 **Murder Uncut** Two people are shot dead in their own driveway.
10.00 **How I Caught the Killer** Police investigate the murder of Anna Wilson.
11.00 **Grimm** 17/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the quiz show hosted by Ben Shepherd.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the game show.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as David takes on the ruthless Banker to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Father Dowling Mysteries** 5/8. (S1)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 5&6/25. (S1)
12.00 NOON **Highway to Heaven** 4/25. (S1)
1.00 PM **Father Dowling Mysteries** 2/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 14/26. Father Mulcahy is passed over for promotion.
8.30 15/26. Father Mulcahy writes a letter to his sister. (S7)
9.00 **FILM Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
11.55 **The Avengers** (S6)
12.55 AM **M*A*S*H** (S7)
1.55 **Hart to Hart** (S3)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.15 **Minder**
7.10 **The Professionals**
8.10 **Giant Lobster Hunters**
9.15 **Magnum, PI**
10.20 **Kojak**
11.25 **Giant Lobster Hunters**
12.25 PM **Made in Britain**
1.00 **Tour de France Highlights**
2.00 **LIVE Tour de France** Coverage of stage 12, a 180.6km route from Auch to Hautacam.
5.35 **Great Racehorses**
6.00 **The Professionals**

6.00 The Professionals

7.00 **Tour de France Highlights** Gary Imlach presents action from stage 12, a 180.6km route from Auch to Hautacam.

8.00 **King of the Roads** The top road racers in the world head to Finland for a high-speed duel in Imatra.

9.00 **River Monsters** Jeremy Wade investigates a mystery sea monster in a remote lake within an ancient rainforest.

10.00 **An Audience with Billy Connolly** The comedian covers topics including ageing and his idea for a new national anthem.
11.10 **Magnum, PI** 6/13. Thomas tries to protect Carol. (S8)
12.10 AM **BattleBots** The action in Las Vegas reaches fever pitch as eight bots make their debuts.
1.05 **Minder**
2.00 **The Protectors**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 11/26. (S7)
2.00 **Atlantis** 4/13. (S2)
3.00 **Stargate Atlantis** 8/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 11/26. Worf feels that reality is changing. (S7)
6.00 **Star Trek: Enterprise** 22/24. Archer negotiates with the Xindi Council. (S3)

11.00 Westworld

7.00 **Atlantis** *The Marriage of True Minds:* 4/13. Ariadne faces danger while travelling to Telemon's homeland of Aegina. (S2)

8.00 **Stargate Atlantis** *Conversion:* 8/20. The team are mystified when Sheppard slowly starts turning into a Wraith. (S2)

9.00 **From the Earth to the Moon** *Le Voyage dans la Lune:* 12/12. The Apollo 17 mission is launched. (S1)

10.00 **The Walking Dead** *Silence the Whisperers:* 4/22. The outcast Lydia is badly treated by three Alexandrians. (S10)
11.00 **Westworld** 3/10. Ford throws the park into disarray when he takes over its storylines himself. **12.00** M'T 4/10. An increasingly self-aware Dolores finds help in the form of reluctant Westworld visitor William. (S1)
1.00 AM **True Blood** 5&6/12. (S5)
3.00 **Room 104** 7&8/12. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **WPC 56** 3/5. (S3)
11.00 **Hudson & Rex** 4/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S8)
4.00 **WPC 56** 3/5. (S3)
5.00 **Hudson & Rex** 4/16. (S4)
6.00 **Father Brown** *The Menace of Mephistopheles:* Goodfellow turns to Father Brown for help when he witnesses Mallory frame an innocent man.

8.00 Death in Paradise

7.00 **Miss Scarlet and the Duke** 4/6. Eliza is hired by a photographer who receives messages from beyond the grave. (S1)

8.00 **Death in Paradise** *Death of a Detective:* 1/8. Richard Poole meets a sticky end at a university reunion. (S3)

9.00 **Bookish** *Slightly Foxed – Part Two:* 1/6. Detective drama set in post-war London, starring Mark Gatiss and Polly Walker.

10.10 **Bookish** *Slightly Foxed – Part Two:* 2/6. Book finds some surprising evidence in the case of the bombsite skeletons. (S1)
11.25 **Father Brown** As 6.00pm.
12.25 AM **Miss Scarlet and the Duke** As shown at 7.00pm.
1.25 **Elementary** 3/13. Watson helps the police deal with a sinister murder case. (S7)
2.15 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Ever Decreasing Circles**
10.00 **Are You Being Served?**
10.40 **Still Open All Hours**
11.15 **Last of the Summer Wine**
12.35 PM **The Green Green Grass**
1.15 **Ever Decreasing Circles**
1.55 **Dad's Army**
2.35 **Still Open All Hours**
3.10 **Are You Being Served?**
3.50 **Last of the Summer Wine**
5.10 **The Vicar of Dibley**
5.50 **The Green Green Grass**
6.30 **Are You Being Served?**

7.50 Still Open All Hours

7.10 **Dad's Army** Jones buys black-market pigeons from wheeler-dealer Walker.
7.50 **Still Open All Hours** Granville is determined to change Gastric's image.
8.25 **The Vicar of Dibley** The *Songs of Praise* crew visit the village. Guest stars Peter Capaldi.

9.05 **The Vicar of Dibley** Geraldine tries to give up chocolate for Lent, while Alice's belief in the Dibley Bunny is ridiculed.

10.00 **The Royle Family** First episode of the comedy.
10.35 **The Fast Show** The Squeamish Zookeeper feeds the penguins.
11.15 **Not Going Out**
11.55 **Absolutely Fabulous**
12.35 AM **The Vicar of Dibley**
1.25 **The Royle Family**
2.15 **The Fast Show**
2.45 **Not Going Out**
3.15 **to 4.00** AM **Ever Decreasing Circles**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Travel Man: 96 Hours in Jordan** With David Baddiel.
8.00 **Special Ops: Crime Squad UK**
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein: From Venice to Istanbul** As 6.00pm.
12.00 NOON **Storage Hunters UK**
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers Everyday Gourmets** Indulgent dishes for entertaining guests.
6.00 **Rick Stein: From Venice to Istanbul** The chef travels from Croatia to Albania.

7.00 Would I Lie to You

7.00 **Would I Lie to You?** With Carol Vorderman, Larry Lamb, Jo Brand and Russell Howard.
7.40 **Richard Osman's House of Games** With Gareth Malone and Paul Martin. **8.20** Dom Joly, Angela Rippon, John Robins and Samira Ahmed take part.

9.00 **QI XL** Guests Bill Bailey, Eddie Izzard and Danny Baker join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** David Mitchell hosts the satirical quiz, with guests Maisie Adam and Rory Stewart.
11.00 **Taskmaster** Russell Howard wraps a tie round his head, and Tim Vine is left bereft by a small piece of bent metal.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Almeria.
10.30 **Help! We Bought a Village** Documentary.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **The Great House Giveaway** Transforming a house in Birmingham.
2.30 **George Clarke's Amazing Spaces**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **George Clarke's Amazing Spaces** George meets a man transforming a Reliant Robin into a camper.
8.00 **Location, Location, Location** In Berkshire.
9.00 **24 Hours in Police Custody: Lost Boys**
10.00 **Crime Scene Cleaners**
11.05 **Gogglebox**
12.05 AM **Celebrity Gogglebox**
1.05 **The Couple Next Door**
4.05 **to 5.00** AM **Can't Sell, Must Sell**

5USA

141/169 129 120/162 21 129 29

9.00 AM **NCIS** 13-15/24. (S3)
12.00 NOON **Law & Order: Criminal Intent** (S2)
6.00 PM **NCIS** *Faking It:* 4/24. A petty officer is killed. **7.00** *Dead and Unburied:* 5/24. The body of a lance corporal is found. **8.00** *Witch Hunt:* 6/24. Kidnappers strike on Halloween. (S4)
9.00 **Blue Bloods** *The One That Got Away:* 13/22. Diplomatic immunity complicates a child abuse case. (S7)
10.00 **Law & Order: Special Victims Unit** *Internal Affairs:* 4/24. An officer accuses his former colleagues of fraud. **11.00** *Wonderland Story:* 5/24. Sarah Walsh fears she has been raped once again. (S15)
12.00 M'T **The Resident** (S1)
1.55 AM **Person of Interest**
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** Dr Fahri treats an aggressive patient having a severe mental health episode.
10.00 **My Lover, My Killer** New edition How Natalie Bennett's bitterness and control led to Kasey Anderson's murder.
11.00 **The Real Adolescence: Our Killer Kids**
12.30 AM **James Bulger: The Trial** Documentary.
2.00 **Quantico** 1&2/13. (S3)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
1.55 PM **FILM The Deadly Companions** Western starring Brian Keith. (1961, PG, 90min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Trucking Hell** New edition Crews face a burnt-out horse box.
10.00 **Extreme Tow Truckers**
11.00 **Quantum Leap** (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell: Wild Weather Rescues**
3.00 **Trucking Hell: Water Rescues**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Junior USA** Culinary show.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **The Shift: Women on the Force** PC Rita Pugal hunts for three violent robbers.
8.00 **One Born Every Minute** First-time mum Natasha is unable to control her labour. **9.00** 'Tattooed lady' Sazzie and her 'scary biker' boyfriend Adam hope they will be judged like any other parents.
10.00 **999 Rescue Squad**
12.00 M'T **The Gentle Art of Swedish Death Cleaning**
1.00 AM **My Kitchen Rules: Australia** Cooking series.
2.35 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.20 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries** 2/10. (S1)
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Shakespeare & Hathaway: Private Investigators** 10/10. (S2)
9.00 **Outrageous** New episode *Oysters and Champagne:* 5/6. (S1) ■ Entire series on U
10.00 **New Tricks**
11.20 **Spooks** 1/10. (S3)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

THURSDAY Entertainment

Thursday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Margate.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Natasha Raskin Sharp finds a satirical Georgian caricature in Whitby.
8.00 Natasha and Ishy head to East Yorkshire.
9.00 **Help! My House Is Haunted** New edition In a bungalow in a sleepy Nottinghamshire village, all is not as it seems.
10.00 **The Osbournes Want to Believe** Jack pulls out all the stops to turn Ozzy and Sharon into believers.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Game show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Teams from *Coronation Street* and *Emmerdale* compete.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill of the quiz show.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **FILM The Warrant** Civil War Western. (2020, 12, 84min) ★★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM The Lone Gun** Western adventure. (1954, U, 78min) ★★
2.50 **FILM McLintock!** Comedy Western. (1963, U, 127min) ★★★
5.30 **Wanted: Dead or Alive**
6.00 **Bonanza** 27/32. (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Red Dawn** Thriller starring Patrick Swayze. (1984, 15, 113min) ★
11.25 **FILM Alone We Fight** World War Two thriller starring Corbin Bernsen. (2018, 15, 91 min) ★★
1.30 AM **FILM Absolute Zero** Disaster thriller. (2005, 12, 87min) ★
3.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

6.00 AM **FILM Run to Me** Thriller. (2016, PG) ★★
8.00 **Paddington Station 24/7**
9.00 **Saving Lives at Sea**
10.00 **FILM My Evil Stepdad** Thriller. (2019, PG) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM My Baby Gone** Thriller. (2017, PG) ★★
3.00 **FILM Dying for the Crown** (2018, PG) ★★
5.00 **FILM Hidden Intentions** Thriller. (2018, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Nocebo** Horror. (2022, 15, 96min) ★★★
11.10 **FILM An Aurora Teagarden Mystery: Real Murders** Drama. (2015, PG, 90min) ★★
1.05 AM **FILM A Wicked Vendetta** Thriller. (2018, 12, 90min) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM April's Flowers** Thriller. (2019, PG, 86min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Make Me a Match** Romantic drama. (2023, U, 85min) ★★
10.05 **FILM Written in the Stars** Romantic drama. (2021, U, 89min) ★★
12.00 NOON **FILM The Clue to Love** Drama. (2021, U, 89min) ★★
2.00 PM **FILM Stop the Wedding** Drama. (2016, U, 105min) ★★
4.05 **FILM The Wedding Fix** Drama. (2022, PG) ★★
6.00 **FILM Picture Perfect Romance** Drama. (2022, U, 89min) ★★
8.00 **FILM Just for Showmance** Comedy. (2023, U, 83min) ★★
10.00 **FILM One of a Kind Love** Romantic drama. (2021, PG, 90min) ★★
12.00 M'T **FILM Lucky in Love** Drama. (2014, 12) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Stop the Wedding** (2016) ★★

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
11.00 **Jokers Wild**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Carry On Laughing** 5/7. (S2)
12.30 PM **You're Only...**
1.00 **Mapp and Lucia** (S1)
2.00 **FILM My Favourite Brunette** Comedy. (1947, b/w, PG, 87min) ★★★
3.45 **Auto Rewind**
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of Breath** 2/6. (S4)
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S1)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Thick as Thieves** (S1)
8.30 **A Sharp Intake of...**
9.00 **Bramwell** 2/7. (S1)
10.00 **Soap** 8/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Grizzly** Thriller. (1976, 15, 91 min) ★★
1.45 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Life aboard ship in the Alaskan crab-fishing fleet.
8.00 Winter crab season brings the year's biggest storm and the captains must make a decision.
9.00 **Expedition X** Phil and Jess investigate caverns.
10.00 **Expedition Unknown** Josh Gates travels to Africa to find a distant relative of humans.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Hairy Bikers' Mississippi Adventure**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Forever Summer**
10.00 **Comfort Food**
11.00 **Great British Bake Off**
1.00 PM **Hairy Bikers' Mississippi Adventure**
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Forever Summer**
6.00 **Comfort Food**
7.00 **Great British Bake Off**
9.00 **NEW SERIES Maneet's Eats** Cooking aloo gobi.
9.30 **Nadiya's Fast Flavours**
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 7/25. (S7)
9.00 **The Fall Guy** 5/23. (S2)
10.00 **Knight Rider** 18/22. (S3)
11.00 **FILM Magma: Volcanic Disaster** Adventure. (2006, PG, 87min) ★★
1.00 PM **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
3.00 **FILM The Shape of Things to Come** Sci-fi adventure. (1979, 15, 94min) ★
5.00 **Star Trek** 23/26. (S2)
6.00 **Knight Rider** 18/22. (S3)
7.00 **The Fall Guy** 6/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Best of the Best 2** Action adventure sequel. (1992, 18, 100min) ★★
11.00 **FILM Lionheart** Drama. (1990, 18, 108min) ★★
1.05 AM **FILM Lucky Number Slevin** Comic thriller. (2006, 18, 110min) ★★★
3.15 **to 5.00** AM **FILM Cross the Line** Action thriller. (2015, 15, 87min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Mega Shark vs Kolossus** As 5.00pm.
8.00 **FILM Meteor Moon** Sci-fi adventure with Dominique Swain. (2020, PG, 80min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM Slipstream** Sci-fi action adventure. (1989, PG, 101 min) ★
1.00 PM **FILM Bigfoot** Monster movie. (2012, 12, 89min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 23/25. (S3)
5.00 **FILM Mega Shark vs Kolossus** Fantasy thriller. (2015, 12, 90min) ★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 24/25. (S3)
9.00 **FILM Machete Kills** Action thriller sequel. (2013, 15, 105min) ★★
11.05 **FILM Age of Kill** Thriller. (2015, 15, 82min) ★★
1.00 **to 3.00** AM **FILM She Never Died** Thriller. (2019, 15, 89min) ★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Alien Contact: The Pascagoula UFO Encounter** Documentary.
10.50 **Evidence of the Unexplained**
11.50 **Curse of Skinwalker Ranch** Documentary.
12.50 AM **Close Encounters**
1.10 **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In Zambia.
12.00 NOON **Menorca: Jewel of the Med**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.40 **Britain's Greatest Bridges** The Clifton Suspension Bridge.
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** A helicopter ride over New York.
8.00 **Ben Fogle: New Lives in the Wild** The Azores.
9.00 **Prince George: How to Make a Monarch**
10.35 **The King's Guard: Serving the Crown**
11.35 **The Good Ship Murder**
12.35 AM **Cruising with Jane McDonald**
1.35 **22 Kids & a Wedding**
3.30 **The Yorkshire Vet**
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** On the Kent coast.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Dream Derelict Home in the Sun** A couple transform a Majorcan townhouse.
10.00 **Fixer to Fabulous: Italiano** Dave and Jenny worry the villa will not be ready for the deadline.
11.00 **Home Town** A pregnant couple with a young son look for a house.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **1000-lb Sisters** Tammy recovers at rehab.
10.00 **1000-lb Sisters**
11.00 **Take My Tumour**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **1000-lb Sisters**
3.00 **Take My Tumour**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 16&17/22. (S6)
10.00 **Last Man Standing** (S5)
11.00 **Everybody Loves Raymond** 11–14/25. (S2)
1.00 PM **Friends** (S1)
8.00 **Friends** 15/24. Monica applies for a new job.
8.30 16/24. Part one of two. Phoebe's twin sister Ursula visits. (S1)
9.00 **FILM Austin Powers in Goldmember** Spoof espionage thriller sequel starring Mike Myers. (2002, 12, 93min) ★★★
10.45 **Whose Line Is It Anyway? USA**
11.45 **8 Out of 10 Cats**
12.45 AM **South Park**
2.15 **Beavis and Butt-Head**
3.00 **Michael McIntyre: Showtime** Stand-up.
3.45 **Modern Horror Stories**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
9.30 **FILM Daria: Is It Fall Yet?** Animated comedy. (2000, 12, 75min) ★★★
11.10 **Friends** (S5&6)
1.00 PM **Impractical Jokers**
2.00 **FILM Daria: Is It College Yet?** Animation. (2002, 12, 66min) ★★★★
3.30 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** 11–14/25. (S2)
9.00 **New Girl** 16&17/22. (S6)
10.00 **Friends** (S10)
1.45 AM **Beavis and Butt-Head** 1/32. (S4)
2.00 **Reno 911!** (S7)
3.00 **Chris Ramsey Live: All Growed Up** Stand-up.
3.45 **Teachers** 4&5/20. (S2)
4.30 **Harry Hill Live: Sausage Time**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S5)
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 6/12. (S1)
7.00 **UK Border Force**
9.00 **Sick Note** 7&8/8. (S2)
10.00 **Stella** 7&8/10. (S4)
12.00 M'T **The Russell Howard Hour** Topical comedy and entertainment show.
1.00 AM **A League of Their Own** With Gareth Bale and Katherine Ryan.
2.00 **Sick Note** 5&6/8. (S2)
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: The Dramatic**
4.00 **Catfish: The TV Show**
7.00 **Celebs on the Farm**
8.00 **Rich Kids Go Skint**
9.00 **Help! I'm in a Secret Relationship!**
10.00 **Jersey Shore Family Vacation** New edition After an honest day of 'work', the gang go from farm to table.
11.00 **FILM The Girl with the Dragon Tattoo** David Fincher's gripping crime thriller remake. (2011, 18, 152min) ★★★★
2.10 AM **Ink Master**
2.50 **True Love or True Lies?**
3.40 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: White Water** Dustin Hurt's crew set out on their most ambitious, difficult and dangerous season ever.
5.00 **Building Off the Grid** New York newlyweds leave the city to build their first home in the Hudson Valley.
6.00 **Border Control: Spain** Double bill of the documentary.

9.00 Naked and Afraid...

7.00 **Wheeler Dealers** With the Ford Focus having its 25th anniversary, Mike thinks the ST model may be the next classic.

8.00 **Outback Truckers** Rookie trucker Mick is behind schedule in his mission to transport some prize horses.

9.00 **Naked and Afraid: Last One Standing** New edition A dark horse wins a key asset, a big kill could shift the power balance, and a top contender's exit rocks the competition.

11.00 **Border Control Poland** The security and customs services at the border of Poland.
12.00 M'T **Moonshiners**
1.00 AM **Naked and Afraid: Last One Standing** As 9.00pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** A swearing parrot.
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A blind cat living in a chaotic environment.
4.00 A couple afraid to have a child due to their hostile cat.
5.00 **Lone Star Law** A new cadet almost gets run down in Texas.
6.00 **Dr Jeff: Rocky Mountain Vet** The vet tries to uncover the cause of a dog's broken jaw.

9.00 Alaska: The Last Frontier

7.00 **Animal Cribs** A couple ask Antonio Ballatore to create a designated area for their rescue bunnies.

8.00 **Alaska: Surviving the Last Frontier** Carolyn Wise heads out on a moose hunt, and the Flower Lake group stalk squirrels.

9.00 **Alaska: The Last Frontier** Atz Lee and Elvin tackle a mission to secure their cabins at the head of the bay.

10.00 **Alaskan Bush People** The Browns make a risky attempt to move their shelters closer to the barn as the first snow falls.

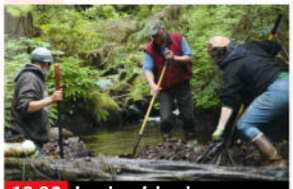
11.00 **Pit Bulls & Parolees**
12.00 M'T **Crikey! It's the Irwins** Wes and Robert remove eggs from the nest of two crocodiles.
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mutant Weather**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Paranatural**
2.00 PM **Nazi Megastructures: Russia's War** Battle of Kursk.
3.00 **Nazi Megastructures: Battle Ready** The German air force.
4.00 **Construction Fails**
5.00 **Car S.O.S** Tim and Fuzz pick up a Ferguson TE20 tractor.
6.00 **World War II: Secrets from Above** When the Allies took the beaches of Northern France.



10.00 Lawless Island

7.00 **Air Crash Investigation** Investigators uncover the tragic misunderstanding at the heart of the 1989 Kegworth air disaster.

8.00 **Inside Airport Lost & Found** New edition Travellers are reunited with vintage trainers, boxing gear and a stuffed animal.

9.00 **Car S.O.S** Fuzz Townshend and Tim Shaw head to Berkshire to secretly restore a Daimler SP250 'Dart'.

10.00 **Lawless Island** New edition Different breeds and personalities come together, each showcasing their skills.

11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day** The world's first mass-produced satellites.
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **NEW SERIES Swamp People: Serpent Invasion** The hunters tackling the problem of Burmese pythons.
2.00 **Mountain Men**
2.55 **Pawn Stars** Documentary.
3.15 **Secrets in the Ice**
5.00 **What on Earth?**
6.00 **American Pickers**

9.00 The UnBelievable

7.00 **Forged in Fire** The bladesmiths must recreate Butterfly Swords – deadly combat swords that are ideal for chopping.

8.00 **Swamp People: Serpent Invasion** The hunters tackling the problem of Burmese pythons invading the Florida Everglades.

9.00 **The UnBelievable with Dan Aykroyd** New edition A look at history's most unbelievable, strange and unexpected spectacles.

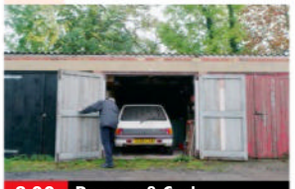
10.00 **Alien Corridors** Unexplained sightings in a desolate land, which otherwise boasts pygmy pines and high winds.

11.00 **What on Earth?** A sinister giant swastika that appeared in a forest in Germany.
12.00 M'T **Encounter: UFO** First-hand accounts of UFO events.
12.55 AM **The Proof Is Out There**
1.50 **The UnBelievable with Dan Aykroyd** As 9.00pm.
2.50 **Forged in Fire** As 7.00pm.
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **WW2 – Battles for Europe**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **WW2 – Battles for Europe** The Allies' attempts to get across the River Rhine.
5.00 **World War Weird** Sightings of UFOs during World War Two.
6.00 **Antiques Roadshow** From Castle Coole near Enniskillen.



8.00 Bangers & Cash

7.00 **Great American Railroad Journeys** Michael Portillo travels from Springhill Junction to Quebec City in Canada.

8.00 **Bangers & Cash** Jack visits West Yorkshire to extract a 1987 Peugeot 205 GTI stored in a garage in a narrow lane.

9.00 **Classic Car Kings** Irv restores a 1970s Lamborghini Espada with spiralling engine issues for a client in the Middle East.

10.00 **Bangers & Cash** Dave heads off to collect a stylish Swedish Volvo P1800S from an RAF base in the Midlands.

11.00 **Bangers & Cash** A 1275 Mini GT that could be a future British icon goes up for sale.
12.00 M'T **Abandoned Engineering** A landscape of structures that represented a bold statement of Spain's plans for the future.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Salvage Hunters: Georgian House Restoration** Drew's mission to repair his Georgian house.
9.00 **NEW SERIES Salvage Hunters** Drew and Viki search for items that preserve Britain's history.
10.00 **Salvage Hunters: The Restorers**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Say Yes to the Dress**
12.00 NOON **Love, Honor, Betray** True-crime.
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Michael Lane.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Caretaker Larry Mallory notices something unusual while on his way to work.
8.00 **Britain's Countryside Killers** The tragic case of Georgia Williams, who was murdered by a disturbed individual.
9.00 **Murder Book** The mystery surrounding a mummified corpse found in Illinois in 1985.
10.00 **It Takes a Killer** A serial killer lays siege to Jacksonville, Florida.
10.30 A boy from a lawless home goes on a 24-hour shooting spree.
11.00 **Murder by the Sea**
1.00 AM **Murder Book**
2.00 **It Takes a Killer**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** The mysterious death of a baby which turned out to be murder committed by its own mother.
4.30 A criminally charged sex offender and murderer attacks.
5.00 Local authorities and health officials work to investigate case of thallium poisoning.
5.30 A 77-year-old on a road trip is attacked by a thief and shot to death.
6.00 The capture of American serial child murderer John Joubert.
6.30 A college student is stabbed to death in her own apartment.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **The Force: Manchester**
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** True-crime.
1.00 PM **Britain's Most Evil Killers** Andrzej Kunowski.
2.00 **Killer in My Village**
3.00 **Forensics: Catching...**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Forensics: Catching...**
8.00 **World's Most Evil Killers**
9.00 **Forensics: Catching the Killer** True-crime.
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Full Steam Ahead**
9.30 **World of Stonehenge**
10.35 **Fight to the Finish**
12.00 NOON **Prisoner Number A26188: Henia Bryer**
1.00 PM **Full Steam Ahead**
2.30 **World of Stonehenge**
3.40 **Fight to the Finish**
5.05 **Prisoner Number A26188: Henia Bryer**
6.05 **Full Steam Ahead**
7.20 **World of Stonehenge** The consequences of the application of metal to everyday life.
8.30 **Fight to the Finish** An account of World War Two from 50 Canadian survivors.
10.00 **Prisoner Number A26188: Henia Bryer** A Jewish woman who survived four Nazi concentration camps.
10.55 **Mafia's Greatest Hits** A look at the story of Charlie 'Lucky' Luciano.
12.00 M'T **to 2.00** AM **Fight to the Finish**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Thursday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Jason Robards**
8.00 **The Directors**
8.55 **The Vow** 8/9. Documentary.
10.00 **Last Call: When a Serial Killer Stalked Queer New York**
11.05 **Kingdom of Dreams**
12.00 NOON **FILM Bobby** Documentary celebrating the career of Bobby Moore. (2016, PG, 95min) ★★★★
2.00 PM **FILM The Fog of War** Director Errol Morris's Oscar-winning documentary. (2003, PG, 107min) ★★★
4.00 **Discovering: Jason Robards**
5.00 **The Directors**
5.55 **The Vow** 9/9. Documentary.
7.00 **Elvis Presley: The Searcher** 1&2/2. Documentary about the life and career of the singer.
11.00 **Phoenix Rising** 1&2/2. Evan Rachel Wood reflects on her experience of domestic violence.
2.00 AM **Barbie Uncovered: A Dreamhouse Divided**
3.50 **Children of Shanghai**
5.00 **to 6.00** AM **Discovering: Jason Robards**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Africa's Underwater Wonders** Documentary.
7.00 **Monkey Life**
8.00 **Wild Birds of Australia**
9.00 **Wild Family Ties**
10.00 **Living Beach**
11.00 **New Kids in the Wild**
12.00 NOON **Guardians of the Wild**
1.00 PM **Monkey Life**
2.00 **Wild Birds of Australia**
3.00 **Wild Family Ties**
4.00 **Living Beach**
5.00 **Gangs of Lemur Island**
6.00 **Colombia's Wild Coast**
7.00 **Monkey Life** Double bill.
8.00 **Wild Latin America**
9.00 **Ireland's Wild Islands with Eoin Warner** Basking sharks engage in a mating display.
10.00 **Colombia's Wild Coast**
11.00 **Gangs of Lemur Island**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wildlife Icons**
2.00 **Wild Latin America**
3.00 **Ireland's Wild Islands with Eoin Warner** As 9.00pm.
4.00 **Wild Birds of Australia**
5.00 **to 6.00** AM **Wild Family Ties**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **National Park Mysteries**
9.00 **Swamp Mysteries with Troy...**
10.00 **River Hunters**
11.00 **Ancient Aliens**
1.00 PM **National Park Mysteries**
2.00 **Swamp Mysteries with Troy Landry** Troy bids to reach a legendary treasure hidden deep within the bayou.
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Shipwreck Treasure Hunter**
5.00 **UFO Hunters**
6.00 **Combat Trains**
7.00 **What on Earth?**
8.00 **Mysteries of the Ancient Dead**
9.00 **Viking Dead** Conflict between the English and the Vikings.
10.00 **Life After People** The fates of Las Vegas and Atlantic City.
11.00 **Haunted Hospitals**
12.00 M'T **Ancient Aliens**
2.00 AM **Evidence of the Unexplained**
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Shipwreck Treasure Hunter**
5.00 **to 6.00** AM **UFO Hunters**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain with Dermot Murnaghan** Thomas Dunkley.
3.00 **Murdertown**
4.00 **Cops Who Kill with Will Mellor**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic**
9.00 **The First 48** New edition
10.00 **Fugitive Hunters: Mexico** New edition Documentary.
11.00 **Fugitives Caught on Tape**
12.00 M'T **Murder By Medic**
1.00 AM **The First 48**
2.00 **Fugitive Hunters: Mexico**
3.00 **Criminal Confessions**
4.00 **Killer Britain with Dermot...**
5.00 **to 6.00** AM **Sunshine Slayings**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Monster Fish**
10.00 **Savage Kingdom Compilations**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Bull Shark Vs Hammerhead**
3.00 **Equator's Wild Secrets**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City: Beyond the Venom**
7.00 **Secrets of the Zoo** Vets try to save a pregnant warthog's life.
8.00 **Europe from Above**
9.00 **Alaska Fish Wars** Captains Wes and Dan begin a new season of salmon fishing.
10.00 **Ice Road Rescue** A 20-ton transporter slides off the road during a snowstorm.
11.00 A driver fails to put wheel chains on correctly, and gets in trouble on a dangerous bend.
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Salvaging the Kursk**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Salvaging the Kursk** The efforts to recover the Russian nuclear submarine from the seabed following the tragedy in 2000 that claimed the lives of all 118 crew members.
9.00 **Unexplained and Unexplored** Justin Fornal and Emiliano Ruprah search for a source of water said to grant eternal life.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.55 **Secret Army**
1.20 PM **Oliver Twist**
2.35 **The Dick Emery Show**
4.35 **Secret Army**
6.55 **Oliver Twist** 6/12. Oliver refuses to become a pickpocket, so Fagin forces him to join Bill Sikes in a burglary.
7.35 7/12. A wounded Oliver is left behind at the scene of a burglary-gone-wrong. (S1)
8.15 **The Dick Emery Show** Triple bill featuring comic sketches.
10.10 **Secret Army** *Bait:* 13/16. A widow asks Brandt for help. (S1)
11.20 **Louis Theroux: Dark States – Heroin Town** In Huntington, West Virginia, Louis embeds himself in an Appalachian community that is being devastated and stretched to its limits by widespread heroin use.
12.25 AM **Oliver Twist**
1.05 **The Dick Emery Show**
3.05 **Secret Army**
4.55 **to 6.00** AM **The Dick Emery Show**

+1hour 266 376

ID

154 141 166

8.00 AM **Someone You Thought You Knew** Documentary.
9.00 **American Monster**
11.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
1.00 PM **Disappeared**
3.00 **Murder Comes to Town**
5.00 **Til Death Do Us Part**
7.00 **The Murder Tapes** In Alabama, Brucetravius Frazier is found dead in his car. When an attempt is made on the life of a witness, police realise they are not dealing with an average killer.
8.00 In Ohio, local antiques dealer Mary Kay Wohlfarth mysteriously vanishes.
9.00 **How (Not) to Get Rid of a Body** After a young Ohio man vanishes without a trace, detectives embark on an investigation involving a love triangle, drugs, and murder.
10.00 **Road Rage** Double bill.
11.00 **Exposed: Naked Crimes**
12.00 M'T **Hostage 911**
2.00 AM **Til Death Do Us Part**
4.00 **to 6.00** AM **The Murder Tapes**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Restoring a 1970s VW Beetle Beach Buggy.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina**
9.00 **Richard Hammond's Workshop**
10.00 **Texas Metal**
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Shed and Buried: Classic Cars** As shown at 12.00noon.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

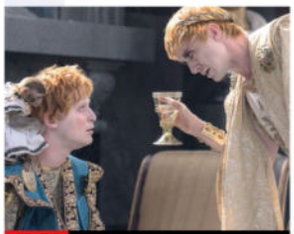
+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.35 AM **Sky Cinema Preview**
7.30 **Piece By Piece** As 4.50am.
9.10 **Running on Empty** As 1.30am.
10.45 **Wicked** As 8.00pm.
1.25 PM **Gladiator II** As 10.50pm.
3.55 **Sew Torn** Comedy thriller starring Eve Connelly, Calum Worthy and John Lynch. (2024, 15, 100min) ★★★★
5.40 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix and Lady Gaga. (2024, 15, 138min) ★★★★



10.50 Gladiator II

8.00 Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A green-skinned young woman named Elphaba forges an unlikely friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Gladiator II Ridley Scott's historical drama sequel starring Paul Mescal. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.30 AM **Running on Empty** Comedy starring Keir Gilchrist. (2024, 15, 91min) ★★★
3.05 **I Don't Understand You** Horror comedy starring Nick Kroll. (2024, 15, 97min) ★★★
4.50 **to 6.30** AM **Piece By Piece** Animation. (2024, PG, 94min)

Sky Cinema Hits

303 303 403 503 517

6.35 AM **A Mistake** As 5.10am.
8.25 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
10.15 **Star Trek: Insurrection**
12.10 PM **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
1.55 **Mean Girls** Musical adaptation. (2023, 12, 112min) ★★★
3.50 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
5.40 **The Amazing Spider-Man** Fantasy with Andrew Garfield. (2012, 12, 136min) ★★★

5.40 The Amazing Spider-Man

8.00 The Amazing Spider-Man 2 Fantasy adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. With Jamie Foxx and Dane DeHaan. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Erin Brockovich Fact-based legal drama starring Julia Roberts as a single mother who becomes an unlikely environmental crusader. (2000, 15, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Django Unchained** Oscar-winning Western. (2012, 18, 165min) ★★★★
3.25 **Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. (1998, PG, 105min) ★★★
5.10 **to 6.55** AM **A Mistake** Thriller. (2024, 15, 101min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.35 AM **The Breakfast Club** (1984)
9.15 **Funny Girl** Musical biopic. (1968, U, 169min) ★★★★
11.50 **The Man Who Shot Liberty Valance** As shown at 3.25am.
1.55 PM **Eternal Sunshine of the Spotless Mind** Offbeat comedy. (2004, 15, 108min) ★★★★★
3.45 **One Life** Fact-based drama starring Anthony Hopkins. (2023, 12, 105min) ★★★★
5.35 **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
8.00 **Chicago** Oscar-winning screen version of the hit Broadway musical, starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
9.55 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
11.50 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
1.45 AM **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★★★★
3.25 **The Man Who Shot Liberty Valance** John Ford Western. (1962, b/w, U, 122min) ★★★★★
5.30 **to 7.15** AM **Golda** Biographical drama. (2023, 12, 100min) ★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.35 AM **Turn Me On** As 2.10am.
8.20 **Upgrade** As 3.55am.
10.05 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★
11.40 **The Woman in Black: Angel of Death** Horror chiller sequel. (2014, 15, 95min) ★★★
1.25 PM **After Earth** As 10.50pm.
3.10 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
4.55 **The Woman in Black** Chiller. (2012, 12, 91min) ★★★★
6.35 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
8.00 **Dune: Part Two** Sci-fi drama starring Timothée Chalamet. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. (2024, 12, 166min) ★★★★★
10.50 **After Earth** Sci-fi adventure starring Will and Jaden Smith. (2013, 12, 98min) ★★
12.35 AM **Lovely, Dark, and Deep** Horror with Georgina Campbell. (2023, 15, 87min) ★★★
2.10 **Turn Me On** Fantasy comedy. (2024, 15, 99min) ★★★
3.55 **Upgrade** Sci-fi action thriller. (2018, 15, 100min) ★★★★
5.40 **to 7.00** AM **Friendship's Death**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.40 AM **The Karate Kid Part II** Adventure. (1986, PG) ★★
8.50 **Look Who's Talking Too** Comedy sequel. (1990, 12) ★
10.20 **Stardust** (2007, PG) ★★★★
12.35 PM **Look Who's Talking Now** Comedy sequel. (1993, 12) ★
2.20 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
4.00 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
5.55 **The Smurfs** Family adventure. (2011, U, 103min) ★★

9.40 The Karate Kid: Part III

7.45 The Smurfs 2 Family adventure sequel starring Hank Azaria and Neil Patrick Harris. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 The Karate Kid: Part III Martial arts adventure sequel starring Ralph Macchio as a young karate champion. With Pat Morita and Robyn Lively. (1989, PG, 111 min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Pups United** Adventure with Matthew James Roberts. (2015, U, 89min) ★★★
1.20 AM **Harriet the Spy** Comedy adventure starring Michelle Trachtenberg. (1996, PG, 97min) ★★★★
3.10 **Beethoven** Family comedy starring Charles Grodin. (1992, U, 87min) ★★★
4.45 **to 6.30** AM **A Tiger's Journey** Drama starring Sunny Pawar. (2023, PG, 94min) ★★★

Sky Cinema Action

307 307 407 507 521

7.25 AM **Young Guns II: Blaze of Glory** As shown at 1.00am.
9.20 **Snakes on a Plane** (2006)
11.20 **The Mummy** Adventure. (1999, 15, 124min) ★★★★
1.40 PM **The Mummy Returns** Action adventure sequel. (2001, 12, 129min) ★★★★
4.05 **Green Lantern** Adventure. (2011, 12, 114min) ★★
6.10 **The Fast and the Furious: Tokyo Drift** Action thriller. (2006, 12, 104min) ★★

8.00 Fury

8.00 Fury Drama starring Brad Pitt, Shia LaBeouf and Logan Lerman. An American tank crew undertake a final dangerous mission behind enemy lines in the last months of World War Two. With Michael Peña and Jon Bernthal. (2014, 15, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

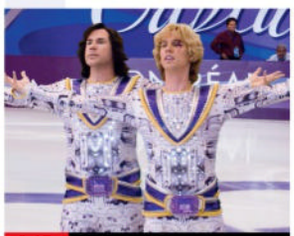
10.15 Django Unchained Quentin Tarantino's Western starring Jamie Foxx, Christoph Waltz and Leonardo DiCaprio. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Young Guns II: Blaze of Glory** Western sequel. (1990, 15, 104min) ★★★
2.45 **Hudson Hawk** Action comedy. (1991, 15, 97min) ★★★
4.25 **Snakes on a Plane** Thriller. (2006, 15, 105min) ★★★
5.45 **to 6.15** AM **Gods of Egypt** Fantasy adventure. (2016, 12, 127min) ★★★

Sky Cinema Buddy Films

308 308 408 508 522

6.35 AM **Tropic Thunder** (2008)
8.25 **Sixteen Candles** As 5.40am.
10.10 **Beverly Hills Cop 3** (1994)
12.10 PM **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
2.00 **Bad Boys II** Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★★
4.30 **Mr Deeds** Comedy. (2002, 12, 96min) ★★★
6.15 **Blades of Glory** Sports comedy starring Will Ferrell. (2007, 12, 93min) ★★★



6.15 Blades of Glory

8.00 Happy Gilmore Comedy starring Adam Sandler. An ice hockey player turns his hand to golf and enters a tournament in the hope of saving his grandmother's house. (1996, 12, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Bad Boys for Life Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★
1.45 AM **Daddy's Home 2** Comedy sequel starring Will Ferrell. (2017, 12, 100min) ★★★
3.30 **Mr Deeds** As 4.30pm.
5.10 **The Cinema List: The 90s**
5.40 **to 7.20** AM **Sixteen Candles** John Hughes' teen comedy. (1984, 12, 89min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.10 AM **Absolution** Crime thriller. (2024, 15, 112min) ★★★
9.10 **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★
11.45 **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
2.20 PM **American Star** (2023)
4.15 **Red Dragon** Crime thriller starring Edward Norton. (2002, 15, 124min) ★★★
6.25 **Retribution** Action thriller starring Liam Neeson. (2023, 12, 91 min) ★★

6.25 Retribution

8.00 Angels & Demons Mystery thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Battle Royale Japanese thriller starring Takeshi Kitano. A group of children take part in a brutal game in which they must kill each other until only one survivor remains. Subtitled. (2000, 18, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **American Star** Thriller. (2023, 15, 107min) ★★★★
2.30 **Breakdown** Suspense thriller. (1997, 15, 94min) ★★★★
4.15 **to 6.00** AM **He Went That Way** Fact-based crime drama. (2023, 15, 96min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The 300 Spartans** War epic. (1962, PG, 113min) ★★★
1.20 PM **A Lawless Street** Western. (1955, U, 78min) ★★
2.55 **The Gift Horse** Adventure. (1952, b/w, PG, 100min) ★★★
5.00 **Dr Who and the Daleks** Big-screen sci-fi spin-off. (1965, U, 83min) ★★★
6.40 **Jumanji: Welcome to the Jungle** Fantasy comedy. (2017, 12, 119min) ★★★★

9.00 Braveheart

Jumanji: Welcome to the Jungle (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Braveheart Oscar-winning epic historical drama directed by and starring Mel Gibson as 13th-century Scottish warrior William Wallace, who led a ragged but courageous army against the English enemy. (1995, 15, 177min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **No Exit** Thriller, starring Havana Rose Liu. Stranded at an isolated highway rest stop in the mountains, a college student discovers a kidnapped child hidden in a car. (2022, 15, 95min) ★★★
2.15 **to 4.00** AM **The Guilty** Danish crime drama starring Jakob Cedergren. Subtitled. (2018, 15, 85min) ★★★

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

7.10 AM **Black Dog** As 4.05am.
9.10 **The Convert** As 2.00am.
11.10 **William Tell** Historical drama. (2025, 15, 133min) ★★★
1.25 PM **Exhibiting Forgiveness** Drama. (2024, 15, 117min) ★★★
3.25 **A Nice Indian Boy** Romantic comedy. (2024, 12, 96min) ★★★
5.10 **Wicked** Musical fantasy adventure starring Cynthia Erivo. (2024, PG, 160min) ★★★★

8.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. (2023, 12, 126min) ★★★★
10.10 It Ends with Us Drama based on Colleen Hoover's novel, starring Blake Lively, Justin Baldoni, Jenny Slate and Brandon Sklenar. A woman's abusive relationship is shaken after her first love reappears. (2024, 15, 125min) ★★★

12.25 AM **Poison** Drama starring Tim Roth and Trine Dyrholm. (2024, PG, 86min) ★★★★
2.00 **The Convert** Action drama. (2024, 15, 119min) ★★★★
4.05 **to 6.00** AM **Black Dog** Chinese drama with Eddie Peng. Subtitled. (2024, 12, 110min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.20 AM **Rashomon** As 3.30am.
9.05 **Anatomy of a Murder** (1959)
11.50 **Rear Window** Hitchcock thriller. (1954, PG, 112min) ★★★★★
1.50 PM **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
3.45 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
5.45 **Serpico** Fact-based crime drama starring Al Pacino. (1973, 18, 130min) ★★★★

8.00 Last Action Hero Action fantasy starring Arnold Schwarzenegger, Austin O'Brien and Charles Dance. A magic cinema ticket transports a young movie fan into the on-screen action. (1993, 15, 130min) ★★★
10.15 Midnight Run Comedy thriller starring Robert De Niro and Charles Grodin. A bounty hunter attempts to bring in an embezzler wanted by both the FBI and the Mob. With Yaphet Kotto. (1988, 18, 122min) ★★★★

12.35 AM **Anatomy of a Murder** Vintage courtroom drama. (1959, b/w, 12, 160min) ★★★★★
3.30 **Rashomon** Japanese director Akira Kurosawa's classic drama. (1950, b/w, 12, 88min) ★★★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.35 AM **Open Season 3** Animated comedy adventure sequel. (2010, U, 74min) ★★
8.00 **The Angry Birds Movie** Animated comedy adventure. (2016, U, 97min) ★★★
9.40 **The Night Before Christmas in Wonderland** Animation. (2024, U, 80min) ★★★★
11.10 **The Ogglies** Animation. (2021, PG, 85min) ★★★

12.45 PM **The Lego Ninjago Movie** Animation. (2017, U, 101 min) ★★
2.35 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
4.00 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
5.40 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
7.35 **Barnyard** Animated family comedy. (2006, PG, 90min) ★
9.10 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
11.05 **The Canterville Ghost** Animation. (2023, PG) ★★

12.40 AM **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U) ★★★
2.15 **Scooby-Doo! The Sword and the Scoob** (2021, PG) ★★★
3.40 **The Inseparables** Animation. (2023, U, 90min) ★★★
5.15 **to 6.55** AM **The Ogglies** (2021)

Movies 24

312 313 419

7.00 AM **The Santa Summit** Drama. (2023, PG, 90min) ★★
9.00 **The Winter Palace** Romantic drama. (2022, PG, 85min) ★★
11.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
1.00 PM **Our Holiday Story** Festive romance starring Nikki Deloach. (2024, PG, 84min) ★★
3.00 **A Lot Like Christmas** Romantic comedy. (2021, PG, 86min) ★★

5.00 To Have and To Holiday Festive romance. (2024, PG, 90min) ★★
7.00 **Christmas Bedtime Stories** Festive drama starring Erin Cahill. (2022, PG, 90min) ★★
9.00 **Making Spirits Bright** Drama starring Taylor Cole and Carlo Marks. Two professional Christmas decorators must persuade their feuding families to collaborate on a project. (2021, PG, 84min) ★★
11.00 **Christmas Under the Lights** Drama. (2024, PG, 90min) ★★

1.00 AM **The Mistletoe Secret** Romantic drama starring Kellie Pickler. (2019, PG, 83min) ★★
3.00 **to 5.00** AM **Deck the Walls** Festive drama starring Ashley Greene. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Sherlock Holmes** (S1)
6.35 **October Moth** Drama. (1960, b/w, PG, 54min) ★★★
7.45 **St Benny the Dip** Comedy. (1951, b/w, PG, 80min) ★★★
9.25 **Aberdeen: The Silver City**
9.50 **Serious Charge** Drama. (1959, b/w, PG, 95min) ★★★
11.50 **I Only Arsked!** Comedy based on sitcom *The Army Game*. (1958, b/w, U, 82min) ★★

1.30 PM **Five Days** Crime drama. (1954, b/w, PG, 75min) ★★★
3.00 **Crown Court** Triple bill.
4.30 **The Four Feathers** Adventure remake. (1978, U, 95min) ★★
6.35 **Glimpses: Sea to Plate and Billingsgate in 1956**
7.00 **Sailor of Fortune** 16/26. (S2)
7.30 **The Cheaters** 7/27. (S2)
8.00 **The Brothers** 5/16. (S7)
9.05 **Mickey One** Drama with Warren Beatty. (1965, PG, 89min) ★★
10.55 **Never Look Back** Mystery. (1952, b/w, PG, 73min) ★★★

12.25 AM **Lost Lagoon** Drama. (1957, U, 79min) ★★★
2.00 **Fuzz** Police drama starring Burt Reynolds. (1972, 18, 93min) ★★
3.50 **Every Day's a Holiday** Musical comedy. (1964, U, 94min) ★
5.40 **to 6.00** AM **A Place to Hang Your Hat**

8 PM
9 PM
10 PM
11 PM

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY Sport 17 July

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News** A round-up of the latest sports news, with analysis and comment.
6.30 **LIVE The Open** Coverage of the opening day of the Major at Royal Portrush Golf Club in County Antrim. England's Dan Brown, playing in his first Major, held a shock lead at the end of day one last year at Royal Troon, carding a six-under par 65 on his Major debut. Ireland's Shane Lowry, an Open champion in 2019, was just one stroke behind and eventual champion Xander Schauffele of America was another three shots further back. *See feature, page 28.*
9.30 PM **Sky Sports News** A round-up of the latest sports news, with live analysis and comment, plus extended interviews with the headline-makers.
10.00 **LIVE PGA Tour Golf** Coverage of day one of the Barracuda Championship at Tahoe Mountain Club in Truckee, California, where USA's Nick Dunlap captured victory last season. It was Dunlap's second victory on the tour and his first since turning professional.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** Arsenal v Manchester United from 2005.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Action from Fulham v Aston Villa.
5.30 Fulham v Bournemouth.
6.00 Fulham v Crystal Palace.
6.30 Fulham v Leicester City.
7.00 Fulham v Newcastle United.
7.30 Fulham v Nottingham Forest.
8.00 **Gary Neville's Soccerbox** Gary sits down with former teammate Paul Scholes.
8.30 With guest Robbie Fowler.
9.00 **PL Special: The Centurions** Manchester City's record-breaking 2017/18 campaign.
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup** The 2020 final.
8.00 **SPFL Special: Celtic's Invincibles** A look back at Celtic's unbeaten 2016/17 campaign.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL** The best goals of the 2009/10 and 2010/11 seasons.
12.00 NOON **Championship Retro** Watford v Leicester in the 2013 play-off semi-final second leg.
2.00 PM **EFL Greatest Games**
4.00 **EFL Cup** Manchester United v Southampton in the 2017 final.
5.00 **SPFL Special: Celtic's Invincibles** A look back at Celtic's unbeaten 2016/17 campaign.
6.00 **Retro League One** Swindon Town v Sheffield Utd in the 2015 play-off semi-final second-leg.
8.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
10.30 **EFL** A round-up of the best goals from the 2017/18 season.
11.00 **Henrik Larsson: 20 Years On**
1.00 AM **SPFL** A selection of the best goals of the 2010/11 season.
1.30 **SPFL Greatest Games**
2.00 **SPFL Highlights**
2.15 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Women's One-Day International Cricket**
7.00 **Best of England v India**
8.00 **Women's One-Day International Cricket**
10.00 **The Film Room: England v India**
10.30 **Best of England v India**
11.00 **Women's One-Day International Cricket**
1.00 PM **The Film Room: England v India** Highlights from 2011.
1.30 **Best of England v India**
2.00 **Women's One-Day International Cricket**
4.00 **The Film Room: England v India**
4.30 **Best of England v India**
5.00 **Women's One-Day International Cricket**
6.00 **LIVE Vitality T20 Blast Cricket Yorkshire Vikings v Lancashire Lightning.** Coverage of the North Group match.
9.45 **Ashes Greats** Player profiles.
10.15 **Best of England v India**
11.45 **Best of ICC WT20**
12.15 AM **Best of England v India**
12.45 **Best of ICC WT20**
1.00 **Vitality T20 Blast Cricket**
4.45 **Best of ICC WT20**
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Chronicles of a Champion Golfer** A profile of Darren Clarke.
6.30 **LIVE The Open** Coverage of the opening day of the Major at Royal Portrush Golf Club in County Antrim. England's Dan Brown, playing in his first Major, held a shock lead at the end of day one last year. *See feature, page 28.*
9.30 PM **Chronicles of a Champion Golfer** A profile of Darren Clarke.
10.00 **LIVE PGA Tour Golf** Coverage of day one of the Barracuda Championship at Tahoe Mountain Club, California, where USA's Nick Dunlap captured victory last year.
1.00 AM **The Open** The opening day from Royal Portrush Golf Club.
2.00 **PGA Tour Champions Learning Centre** Golf tips and advice.
2.30 **PGA Tour Champions**
3.30 **HotelPlanner Tour Golf**
4.00 **The Open** The opening day.
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **TNT Sports Cricket Reload**
7.30 **MotoGP Rewind**
7.45 **Superbike Rewind**
8.00 **UEFA Champions League Greatest Nights** Celtic.
9.00 **Test Cricket Highlights**
10.00 **T20 Cricket Highlights**
11.00 **Tour de France Highlights**
12.00 NOON **LIVE Tour de France** Coverage from the 12th stage of this year's men's race, a 180.6km route from Auch to Hautacam.
5.30 PM **The Gruppetto**
5.45 **TNT Sports Reload**
6.00 **LIVE World Rally Championship** Coverage of Special Stage One of the Rally Estonia in the Tartu Country region.
7.45 **The Gruppetto** Cycling action.
8.00 **Tour de France Highlights**
9.00 **Ultimate Pool** Pairs Cup.
10.30 **Premier League Stories**
11.00 **Test Cricket Highlights**
12.00 M'T **T20 Cricket Highlights**
1.00 AM **Tour de France Highlights**
2.00 **TNT Sports Cricket Reload**
2.30 **AFL** Another chance to see Essendon Bombers v GWS Giants.
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **British Speedway**

TNT Sports 2

411 414 522 409 431

6.00 AM **Classic Premier League**
10.00 **The Gruppetto** Cycling action.
10.15 **LIVE AFL Essendon Bombers v GWS Giants.** Coverage of the match from Marvel Stadium in Melbourne. The Bombers have struggled for consistency this season, while the Giants will hope they can end the campaign strongly and earn a place in the play-offs. Bounce-up **10.30am**.
1.30 PM **Sign Up – Into Football**
2.30 **The WRC Magazine**
3.00 **FIA World Endurance Championship Highlights**
4.00 **WNBA** Highlights from Chicago Sky v Minnesota Lynx.
5.00 Indiana Fever v Dallas Wings.
6.00 **Tom Daley: 1.6 Seconds**
7.45 **TNT Sports Cricket Reload**
8.00 **MLB Plays of the Week** A look at the most exciting plays from the past week's matches.
8.30 **MLB: Off the Bat** Action from Major League Baseball.
9.00 **MLB** The Home Run Derby.
11.00 **MLB** This year's All Star Game.
2.00 AM **MotoGP Highlights**
3.00 **FIA World Endurance Championship Highlights**
4.00 **to 6.00** AM **Formula E**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **Women's World Matchplay Darts** Another chance to see the 2024 final from Blackpool.
10.00 **World Matchplay Darts**
12.30 PM **My Icon** Sporting influences.
1.00 **World Matchplay Darts** Action from the 2024 final in Blackpool.
3.30 **British and Irish Lions Tour**
7.30 **LIVE Super League St Helens v Leigh Leopards.** Coverage of the match from Totally Wicked Stadium. Both these teams look set to make the play-offs, but the Saints will be hopeful of making home advantage count and extending their 100 per cent record against Leopards at this ground. Kick-off is at **8.00pm**.
10.15 **Lions Tour 2021: Two Sides** Documentary featuring footage of the Springbok and Lions camps during the 2021 tour of South Africa, completed with the backdrop of a global pandemic.
11.30 **Lions Legends** Profiles.
12.30 AM **British and Irish Lions Tour**
1.15 **Lions Tour 2021: Two Sides**
2.30 **Super League** Another chance to see St Helens v Leigh Leopards.
5.15 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from AFC Wimbledon v Walsall in the League Two play-off final.
7.00 **Good Morning Sports Fans**
8.30 **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the ATP Los Cabos Open, ATP Swedish Open, ATP Swiss Open Gstaad, WTA Iasi Open, and WTA Hamburg Open.
6.00 PM **Sports Centre**
7.00 **Sky Sports News** A round-up of all the latest sports news, with analysis, comment and interviews.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **EFL Highlights** Action from Bristol City v Sheffield United.
12.30 AM Highlights from Coventry City v Sunderland at Coventry Building Society Arena.
1.00 Sheffield United v Bristol City staged at Bramall Lane.
1.30 Sunderland v Coventry City staged at The Stadium of Light.
2.00 **LIVE ATP Tennis** Coverage of the quarter-finals on the fourth day of the Los Cabos Open, a hard-court tournament staged at Cabo Sports Complex in Mexico.
4.00 **to 6.00** AM **EFL Highlights**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **LIVE ATP Tennis** Coverage of day three of the ATP Los Cabos Open, a hard-court tournament at Cabo Sports Complex in Mexico.
8.00 **Tennis** Recent finals.
8.30 **LIVE WTA & ATP Tennis** Featuring the WTA Iasi Open and ATP Swedish Open.
6.00 PM **LIVE ATP Tennis** Coverage of day four of the ATP Swiss Open Gstaad from Roy Emerson Arena.
7.30 **Tennis** Reviews and finals.
12.00 M'T **Billie Jean King: My Story**
12.15 AM **Martina Navratilova: Unstoppable** An interview.
12.30 **Sizzle Reel 2024**
1.00 **WTA Tennis** Recent action.
2.00 **to 6.00** AM **LIVE ATP Tennis** Coverage of the quarter-finals of the ATP Los Cabos Open staged at Cabo Sports Complex, Mexico.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Best of England v India**
8.00 **Women's One-Day International Cricket**
10.00 **PL Retro** Another chance to see Liverpool v Chelsea from 2013.
12.00 NOON **Women's One-Day International Cricket**
1.00 PM **PGA Tour Champions**
2.00 **PL Greatest Games**
3.00 **LPGA Tour Golf** Highlights.
4.00 **PGA Tour Champions**
5.00 **Indycar** From Iowa Speedway.
7.00 **PGA Tour Champions**
8.00 **Women's One-Day International Cricket**
10.00 **Indycar** Recent action.
12.00 M'T **PL Greatest Games**
1.00 AM **Super League** A chance to see St Helens v Leeds Rhinos.
3.45 **EFL Greatest Games**
4.30 **HotelPlanner Tour Golf**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

TNT Sports 3

413 415 523 410 432

6.00 AM **MotoGP Highlights**
7.00 **WRC: More Than Machine**
8.30 **FIA World Endurance Championship Highlights**
9.30 **Ultimate Pool** Pairs Cup.
11.00 **Superbike World Championship Highlights**
12.00 NOON **MotoGP Highlights**
1.00 PM **Motocross World Championship** From Finland.
4.00 **British Speedway**
5.00 **Superbike World Championship Highlights**
6.00 **Superbike Rewind**
6.15 **MotoGP Rewind**
6.30 **Sign Up – Into Football**
7.30 **TNT Sports Reload**
8.00 **IFSC Climbing World Cup**
9.00 **Tom Aspinall's Fight Lab**
9.30 **Fight Week** UFC 318 preview.
10.15 **UFC** Lewis v Teixeira.
1.15 AM **UFC Countdown**
2.15 **Fight Week** UFC 318 preview.
3.00 **UFC Reloaded** UFC 215.
5.30 **to 6.00** AM **UEFA Champions League: Stories of the Finals**

TNT Sports 4

414 416 524 411 434

6.00 AM **TNT Sports Reload**
6.30 **WNBA** Recent highlights.
8.30 **MLB Plays of the Week**
9.00 **MLB** The Home Run Derby.
11.00 **MLB** This year's All Star Game.
2.00 PM **TNT Sports Reload**
2.30 **SailGP – Racing on the Edge**
3.00 **IFSC Climbing World Cup Highlights** Recent action.
4.00 **T20 Cricket Highlights** Sri Lanka v Bangladesh at Ranasinghe Premadasa Cricket Stadium.
5.00 **Test Cricket Highlights** West Indies v Australia at Sabina Park.
6.00 **LIVE Summer World University Games** Coverage of the opening day of the swimming competition from Rhine-Ruhr.
7.45 **No Filter Football**
8.00 **SailGP – Racing on the Edge**
8.30 **AFL** Another chance to see Essendon Bombers v GWS Giants.
10.00 **Motocross World Championship** From Finland.
1.00 **to 6.00** AM **MLB**

Premier Sports 1

419 551

6.00 AM **UK Independent Kart Racing**
7.30 **Transworld Sport** Magazine.
8.30 **Motorsport Highlights**
10.00 **LaLiga Specials**
11.00 **Euro Le Mans Highlights**
12.00 NOON **PSA Squash Highlights**
1.00 PM **DTM Highlights**
2.00 **Motorsport** Valentino Rossi.
2.30 **Transworld Sport** Magazine.
3.30 **Michelin Le Mans Cup**
4.00 **NASCAR Highlights**
5.00 **Euro Le Mans Highlights**
6.00 **LaLiga Specials** Goalkeepers.
6.30 **UK Independent Kart Racing**
8.00 **LaLiga Specials**
9.00 **Motorsport** Valentino Rossi.
9.30 **Michelin Le Mans Cup**
10.00 **NASCAR Highlights**
11.00 **Euro Le Mans Highlights**
12.00 M'T **Transworld Sport**
1.00 AM **UK Independent Kart Racing**
2.30 **FIM Sidecarcross**
3.30 **Trail Menorca** Recent action.
4.00 **British Minibikes** Round three.
5.00 **to 6.00** AM **Euro Le Mans**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union** Bordeaux Bègles v Toulon.
8.00 **Football's Greatest** The finest players discuss their careers.
9.00 **Premier Sports Cup** A chance to see Kilmarnock v Livingston.
11.00 **Temples of Sport** Iconic sporting venues from around the globe.
12.00 NOON **NASCAR Xfinity Series** The Pit Boss/FoodMaxx 250.
3.00 PM **FastZone** Highlights show.
3.30 **Bike World** Magazine.
4.00 **CONCACAF Gold Cup** Another chance to see this year's final.
6.00 **Premier Sports Cup** A chance to see Kilmarnock v Livingston.
8.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers in game three of the Stanley Cup Finals at Amerant Bank Arena.
10.30 **Football's Greatest**
11.30 **Top 14 Rugby Union** A chance to see Bordeaux Bègles v Toulon.
1.30 **to 6.00** AM **Major League Cricket**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Recent highlights.
12.00 NOON **Formula 1** Highlights.
4.00 PM **British GT Championship**
7.05 **F1 Feature**
7.10 **Formula 1** Season highlights.
7.30 **Indycar** The Synk 275.
8.30 The Farm to Finish 275.
9.30 **Indy NXT** Action from the Grand Prix at Road America.
10.30 **Formula 1** Another chance to see the British Grand Prix.
12.45 AM **Ted's Notebook**
1.15 **F1 Feature**
1.20 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

SEE WHATTOWATCH.COM FOR SCHEDULE UPDATES

18 July

Evening Planner

Thriller

Juror #2

Sky Premiere, 11.20am & 8pm

Nicholas Hoult (centre) stars as a man struggling with a moral dilemma when the case he's serving on hits close to home.

Music

First Night of the Proms

BBC2, 6.45pm

BBC Proms season kicks off with music including a world premiere from Master of the King's Music, Erollyn Wallen.

OnDemand

tv+

Snoopy Presents: A Summer Musical

Available today

Charlie Brown and the *Peanuts* gang feature in their first musical in 35 years.

OnDemand

Paramount+

Dexter: Resurrection

Available today

As the drama continues, how long can Dexter keep his secret from former colleague Batista?

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives...	7.30 EastEnders	8.00 Celebrity Escape to the Country		9.00 Not Going Out	9.30 Would I Lie to...	10.00 News; Local News	10.40 St Denis...
	102 BBC2	‹ 6.45 First Night of the Proms				9.00 Golf: The Open Highlights			10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 The Road Rage Killer: True Crime...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Our Yorkshire Shop: A Victorian...		9.00 Celebrity Gogglebox		10.00 First Dates	
	105 5	7.00 Cornwall: A Year by the Sea		8.00 Dogs Behaving (Very) Badly		9.00 Margaret: The Party Princess Who Shocked The Palace			10.30 Princess...
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 An Idiot Abroad		9.00 And Just Like That	9.45 Mr Bigstuff		
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 Top Gear		9.00 Film: Robin Hood			
	116 BBC4	7.00 TOTP: 1998		8.00 TOTP: 1989	8.30 TOTP: 1976	9.05 Shania Twain at the BBC		9.50 Reel Stories: Shania Twain	10.35 Shania...
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Family Guy	
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 The Sommerdahl Murders			
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Film: Angel Has Fallen			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
	108 SKY ATLANTIC	‹ 6.30 Six Feet Under		7.35 Game of Thrones		9.00 Mare of Easttown		10.15 The Wire	
	110 U&GOLD		7.15 Dad's Army	7.55 Still Open All Hours	8.30 The Vicar of Dibley Easter...		9.20 The Vicar of Dibley	10.00 The Royle Family	10.40 Fast...
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	7.00 Tour de France Highlights		8.00 King of the Roads		9.00 Film: Live Free or Die Hard			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Whose Line Is It Anyway? USA	
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 The Walking Dead			
	113 SKY MAX	7.00 Stargate Atlantis		8.00 An Idiot Abroad		9.00 Rob Beckett's Smart TV		10.00 Mr Bigstuff	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise					10.20 Father Brown
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Opry Live		10.00 Decades: Lynyrd Skynyrd – Rock Fuel	
	132 U&W	7.00 The Shift: Women on the Force		8.00 Inside the Ambulance: Coast and...		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush: White Water		9.00 Expedition Files		10.00 Blowing Up History	
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Dodo Heroes		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Miracle Landing on the Hudson	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Hitler's Coup 1923		9.00 Thomas Jefferson		10.00 Kursk: 10 Days That Shaped Putin	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Warbird Workshop		9.00 'Allo 'Allo!			
	121 SKY DOCS	‹ 6.00 My Mom Jayne		8.00 Death of a Showjumper				10.00 Six Silent Killings: Ireland's Vanishing...	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.20 Wicked		8.00 Juror #2				10.00 Gladiator II	
	302 2025 RECAP	‹ 5.50 The Fall Guy		8.00 Bad Boys: Ride or Die				10.00 Fight or Flight	
	303 HITS	‹ 5.35 The Amazing Spider-Man 2		8.00 The Shawshank Redemption					10.25 Django Unchained
	304 GREATS	‹ 5.45 Chinatown		8.00 The Godfather					
	305 ANIMATION	‹ 5.40 The Lego Movie...	7.35 The Prince of Egypt				9.25 Scooby-Doo! The Sword and the Scoob		
	306 FAMILY	‹ 5.50 The Flintstones	7.30 The Flintstones in Viva Rock Vegas			9.10 The Karate Kid			
	307 ACTION	‹ 5.35 Man of Steel		8.00 Wonder Woman					10.25 The Warriors
	308 BUDDY FILMS	‹ 6.15 Daddy's Home 2		8.00 Mean Girls				10.00 Bad Boys: Ride or Die	
	309 THRILLER	‹ 5.45 The Perfect Storm		8.00 Inferno				10.15 GoodFellas	
	310 DRAMA	‹ 6.20 Lady Bird		8.00 Darkest Hour				10.10 Golda	
	311 SCI-FI	‹ 6.30 The Purge		8.00 Star Trek Beyond				10.05 The Crazies	
	313 FILM4	‹ 6.30 Le Mans '66					9.30 Babylon		
SPORT	401 MAIN EVENT	‹ 6.30 The Open – Live: Coverage of day two of the Major					9.30 Sky Sports News	10.00 PGA Tour Golf – Live	
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 MNF: Wayne...	9.30 MNF Special	10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Retro League One		8.00 EFL Greatest Games				10.00 EFL Cup Highlights	
	404 CRICKET	‹ 6.00 Vitality T20 Blast Cricket – Live: Coverage of a match from the final round of fixtures					9.45 Ashes Greats	10.15 Best of England v India	
	410 TNT SPORTS 1	7.00 MLB – Live: Chicago Cubs v Boston Red Sox (Start-time 7.20)						10.15 MLB Plays of the Week	
	411 TNT SPORTS 2	7.00 V8 Supercars Highlights		8.00 Tour de France Men Highlights		9.00 FIA World Endurance Championship...		10.00 World Rally...	10.30 Ultimate Pool

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

TONIGHT'S BBC AND ITV SCHEDULES WILL BE AFFECTED BY EURO 2025 SEE WHATTOWATCH.COM FOR UPDATES

Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Rip Off Britain: Holidays** (S)(R)
10.15 **Fraud Squad** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** (S)(R)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** New edition Creating an art deco, 1920s-themed garden in Stockport. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show this evening's football, the schedule will be: **7.30pm LIVE Football: Women's Euro 2025** Coverage of the third quarter-final from Stadion Wankdorf in Bern, as the winners of Group B face the runners-up in Group A. Kick-off is at 8.00. (S) **10.10 BBC News** (S) **10.40 Local News** (S) **10.50 St Denis Medical** Double bill. (S) **11.35 FILM Planet of the Apes** Tim Burton's sci-fi adventure remake. (S) (2001, 12, 110min) ★★★ **1.25am Weather for the Week Ahead** (S) **1.30-6.00am BBC News** (S)

7 PM

7.00 **Our Lives: The Ultimate Wingwalker** New edition A look at the world's only formation wingwalking display team. (S)
7.30 **EastEnders** Ravi decides to share a new plan with Harry. (S)(AD)

8 PM

8.00 **Celebrity Escape to the Country** Journalist and broadcaster Kaye Adams seeks to swap city life and turn over a new leaf by escaping to the wilds of the Scottish countryside, supported by expert Jules Hudson. (S)(R)

9 PM

9.00 **Not Going Out** Series finale 6/6. Lee uses discount vouchers to book a hotel room. (S14) (S)(AD) ■ Entire series on BBC iPlayer
9.30 **Would I Lie to You?** Panellists include James Acaster and Fred Sirieix. (S)(R)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **St Denis Medical** New episode 11/18. With the hospital in financial trouble, Joyce decides to open a VIP private room. (S1) (S)(AD) ■ Entire series on BBC iPlayer
11.00 **St Denis Medical** New episode 12/18. An emotional support cat runs loose in the hospital – and Bruce fears it may be carrying bubonic plague. (S1) (S)(AD)
11.25 **FILM Planet of the Apes** Tim Burton's sci-fi adventure remake with Mark Wahlberg. An astronaut crash-lands on an alien planet where apes are the dominant species. (S) (2001, 12, 110min) ★★★
1.15 AM **Weather for the Week Ahead**
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Anna Haugh's Big Irish Food Tour** (S)(R)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical debate. (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Ancient Invisible Cities** (S)(R)(AD)
4.15 **The Life of Mammals** (S)(R)(AD)
5.15 **Flog It!** From Glasgow. (S)(R)
5.45 **Robson Green's Weekend Escapes** Robson and his uncle Matheson head to the Scottish Borders. (S)(R)(AD)
6.15 **Richard Osman's House of Games** Quiz show. (S)(R)

11.00 Deliverance

6.45 **NEW SERIES First Night of the Proms** Petroc Trelawny and Georgia Mann present the concert live from the Royal Albert Hall, which kicks off this summer's Proms season. The music includes Vaughan Williams' *Sancta Civitas*, Sibelius's *Violin Concerto*, Mendelssohn's *Hebrides Overture* and Bliss's *Birthday Fanfare*. Sakari Oramo conducts the BBC Symphony Orchestra. (S)

9.00 **Golf: The Open Highlights** Action from the second day's play of the Major staged at Royal Portrush Golf Club in County Antrim. Shane Lowry of Ireland moved into the lead at the halfway point last year, with the English duo of Dan Brown and Justin Rose two strokes behind, and eventual champion Xander Schauffele still a further four shots back. (S)
10.30 **Newsnight** (S)

11.00 **FILM Deliverance** Action thriller starring Jon Voight and Burt Reynolds. A group of city-dwellers go on a weekend trip into the Appalachians which turns into a violent nightmare. With Ronny Cox. (S) (1972, 18, 105min) ★★★★★
12.45 AM **Sign Zone: Panorama** (S)(R)
1.45 **Sign Zone: Ride or Die** (S)(R)(AD)
2.45 **Sign Zone: Greece with Simon Reeve** 2/2. Simon travels into the north of the country. (S)(R)(AD)
3.45 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Fern Britton: Inside the Vets** New edition Fern meets a German shorthaired pointer puppy that has bitten off more than it can chew. (S)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show this evening's football, the schedule will be: **7.15pm LIVE Football: Women's Euro 2025** Coverage of the third quarter-final staged at Stadion Wankdorf in Bern, as the winners of Group B face the runners-up in Group A. Kick-off is at 8.00. (S) **10.20 ITV News** (S) **10.55 Local News** (S) **11.10 FILM Creed II** Boxing drama sequel starring Michael B Jordan and Sylvester Stallone. (S)(AD) (2018, 12, 125min) ★★★ **1.15-3.00am Teleshopping**

7.30 **Emmerdale** John abruptly ends a call to the helpline, Bear is left isolated and alone, while Jacob blurts out a secret. (S)(AD)

8.00 **Coronation Street** When Aadi falls victim to a robbery at the corner shop, Carla questions Lisa's lack of action. Debbie comes under pressure to retract her rash offer, and Dev returns home from India. (S)(AD)

9.00 **The Road Rage Killer: True Crime Presents** New edition Tracie Andrews purportedly witnesses the murder of her boyfriend Lee Harvey in a country lane in December 1996 – but all is not as it seems. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Creed II** Boxing drama sequel starring Michael B Jordan and Sylvester Stallone. Heavyweight champion Adonis Creed faces off against Viktor, the son of Ivan Drago, whom his mentor fought in the 1980s. (S)(AD) (2018, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Teleshopping**
3.00 **Tour de France Highlights** Action from the 13th stage, a 10.9km individual time-trial from Loudenvielle to Peyragudes. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Weekend Escape** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** (S2&3) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 2-5/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** A designer is paired with a painter and decorator to take on a property in Derbyshire. (S)(R)
5.00 **Chateau DIY** Nick aims to finish opening up the entrance hall of his derelict château. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Series finale In Alicante, Jill and her best friend Silvana seek a holiday home in a lively spot. (S)

8.00 Our Yorkshire Shop

7.00 **News** (S)

8.00 **Our Yorkshire Shop: A Victorian Restoration** Series finale 4/4. The team members put the finishing touches to Peacock and Verity, ready for the grand launch of the restored grocer's shop in the town of Masham. (S)(AD)

9.00 **Celebrity Gogglebox** Some of Britain's best-loved personalities turn their hand to being the country's most opinionated viewers in this look back over the standout critiques from series six. (S)(R)(AD)

10.00 **First Dates** New edition Dating show in which singletons meet up with possible partners at a restaurant in the hope of finding love, before deciding whether they want to take things further. (S)(AD)

11.05 **Ramsay's Kitchen Nightmares USA** New edition Gordon tries to revamp a café in Spring, Texas. (S)
12.00 M'T **FILM Free Fire** Crime drama. (S) (2016, 15, 95min) ★★★★
1.35 AM **Ramsay's Hotel Hell** (S)(SL)(R)
2.25 **Come Dine with Me** (S)(R)
4.35 **Kirstie's Fill Your House for Free**
4.50 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
5.20 **to 6.00** AM **George Clarke's Amazing Spaces** (S)(SL)(R)(AD)

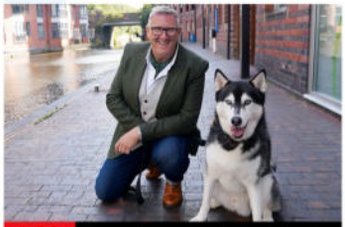
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley and Guests** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **The Girl They Forgot** Crime drama with Betsy Baker and Garcelle Beauvais. (S) (2023, 12, 105min) ★★★
4.00 **Bargain-Loving Brits in the Sun** Author and storyteller Debbie Collins performs her puppet show to a crowd of eager fans. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Graeme Hall tackles three canine problems exacerbated by the COVID-19 lockdown. (S)(R)
6.55 **News** (S)



8.00 Dogs Behaving (Very) Badly

7.00 **Cornwall: A Year by the Sea** 4/4. In a bid to entice guests in the winter, Veryan and Richard ensure the Headland is as festive as possible. (S)(R)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Graeme Hall meets Kerry, whose Yorkie is keeping her prisoner in her own home, and tracks down a Saint Bernard involved in a power struggle. (S)

9.00 **Margaret: The Party Princess Who Shocked The Palace** A profile of Elizabeth II's younger sister, who was determined to live her life exactly as she wanted, even if that sometimes meant bringing the monarchy into disrepute. (S)(R)
10.30 **Princess Margaret & Roddy: A Scandalous Affair** The story of Princess Margaret's affair with Roderic Llewellyn. (S)(R)

11.30 **When Cruising Goes Horribly Wrong** First-hand accounts of disasters at sea. (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S8) (S)(R)(AD)
3.40 **Carol Drinkwater's Secret Provence** (S)(R)
4.25 **The Highland Vet** (S)(SL)(R)
5.15 **to 5.25** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **New Kids in the Wild** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 3/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Realty Bites:* Marge decides to take a job as an estate agent. (S)(R)
5.30 *Meat Is Murder:* Grampa's hidden past comes back to haunt him. (S)(R)
6.00 *All Singing, All Dancing:* Compilation of musical highlights from past episodes. (S)(R)
6.30 *Bart Carny:* A carnival worker and his son move in with the Simpsons. (S)(R)

9.00 And Just Like That...

7.00 **The Office (US)** *The Incentive:* 2/24. Andy creates an incentive programme. (S)(R)
7.30 *Lotto:* 3/24. The warehouse crew quit after winning the lotto jackpot. (S8) (S)(R)

8.00 **An Idiot Abroad** 1/8. Ricky Gervais and Stephen Merchant send their friend and former radio producer Karl Pilkington on a world tour, beginning with a visit to China. (S)(R)

9.00 **And Just Like That...** New episode 7/12. *Sex and the City* revival catching up with the lives of Carrie, Charlotte and Miranda. Stars Sarah Jessica Parker. (S3)
9.45 **Mr Bigstuff** 5/6. Lee's past catches up with him. (S)(R)(AD)
10.15 6/6. Glen and Kirsty find that their wedding fund is empty. (S1) (S)(R)(AD)
10.45 **Sex and the City** *The Domino Effect:* 11/20. Carrie is forced to face her feelings for Big. (S6) (S)(R)

11.25 **Sex and the City** 12/20. Carrie meets an internationally acclaimed artist. Guest stars Mikhail Baryshnikov. (S6) (S)(R)
12.05 AM **The Force: North East** (R)
1.05 **Brit Cops: War on Crime** (R)
2.05 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 3/22. (S5) (S)(R)(AD)
5.00 **Motorway Patrol** (S)(R)(AD)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Best of Weatherman Walking New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwrdd i Dri **12.30** Heno **1.00** Prynhawn Da New edition **1.55** Newyddion a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.40** Odo **4.45** Awyr Iach **5.00** Stwnsh **6.00** Cais Quinnell (AD) **6.30** Garddio a Mwy **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Cyfres Triathlon Cymru New edition **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France New edition **9.30** Tafwyl **10.30** Carufanio New edition **11.00pm-12.05am** Gogglebocs Cymru

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Richard Hammond meets a rally team made up of amputees.
7.55 **The Catch Up**
8.00 **Top Gear** Exploring China's expanding car industry.
9.00 FILM **Robin Hood** Ridley Scott's epic adventure telling the story of how Robin Hood became an outlaw, starring Russell Crowe and Cate Blanchett. A humble archer takes on the identity of a dead knight while returning from the Crusades and goes to the aid of the dead man's widow. (2010, 12, 140min) ★★★
11.15 **Such Brave Girls** 5/6. Josie faces her greatest fear. **11.45** 6/6. Josie struggles to maintain her lies to Seb. (S2)
12.10 AM **The Tooney and Russo Show** New edition A look ahead to the Euros.
12.45 **Paddy & Molly: Show No Mersey** Double bill.
1.45 **Top Gear** As 7.00pm.
2.45 **This Is Gay**
3.00 **to 4.00** AM **Paddy & Molly: Show No Mersey**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary challenge from Edinburgh.
3.10 **Four in a Bed** Five editions.
5.55 **Kirstie and Phil's Love It or List It** The duo help Gary and Bill in the Edinburgh suburb of Portobello.
6.55 **The Dog House Australia** New edition Nick, who has a neurological disorder, has moved into his own house and is looking for a friend to join him, and the shelter think Chihuahua Hugo could be the perfect fit.
7.55 **The Dog House** Deaf parents Hannah and Craig and their mischievous boys Oliver and Felix meet cheeky cockapoo puppy Percy.
9.00 **The Sommerdahl Murders** New episodes 3&4/8. A young couple discover a boat that has washed ashore with the bloodstained body of Theis Jorgensen inside, and the investigating team discover he had collected plenty of enemies Subtitled. (S3)
11.00 **24 Hours in A&E** Doctors treat a 75-year-old man who has been rushed int after suffering a stroke.
12.05 AM **999: On the Front Line**
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1998** Featuring Usher, Carleen Anderson, Saint Etienne and Will Smith. **7.30** Music from Errol Brown, Cleopatra, Headswim and Jay-Z feat. Gwen Dickey.
8.00 **TOTP: 1989** Performances by Sonia, London Boys, Monie Love and The Cult.
8.30 **TOTP: 1976** With Liverpool Express, Bobby Goldsboro, Glamourpuss and Sunfighter.
9.05 **Shania Twain at the BBC** A collection of archive appearance by the Canadian singer-songwriter.
9.50 **Reel Stories: Shania Twain** The singer reflects on pivotal moments in her life.
10.35 **Shania Twain: Live in Hyde Park** The queen of country-pop takes to the Hyde Park stage in 2017.
11.00 **Country Queens at the BBC** Performances by female country music stars .
12.05 AM **Elton John at the BBC** Archive performances.
1.05 **Madonna at the BBC**
2.05 **Tina Turner at the BBC**
3.05 **to 3.35** AM **TOTP: 1998**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *We're on the Road to D'ohwhere.*

7.00 **The Simpsons** *A Star Is Born – Again:* A Hollywood star arrives in Springfield. **7.30** *Missionary: Impossible:* Homer becomes a missionary on a remote Pacific island.
8.00 **Below Deck** New edition Captain Kerry voices his concerns as he learns about Jared and Cat's struggles.
9.00 FILM **Angel Has Fallen** Action thriller starring Gerard Butler. Secret Service agent Mike Banning is framed for an assassination attempt on the US president, and races to clear his name. (2019, 15, 121 min) ★★★
11.20 **Naked Attraction**
12.20 AM **The Big Bang Theory**
1.20 **Brooklyn Nine-Nine**
2.20 **The Goldbergs**
3.15 **Modern Family**
3.45 **Below Deck**
4.40 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

primetime

primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue**
12.00 NOON **The Good Doctor** (S6)
1.00 PM **FBI** 14/15. The team look into a mass shooting. (S3)
2.00 **FBI: Most Wanted** 14/15. Ortiz's former informant is targeted by a hitman. (S2)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

10.00 Chicago PD

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
8.00 **The Sopranos** 16&17/21. (S6)
10.00 **Six Feet Under** 3&4/13. (S1)
12.05 PM **Game of Thrones** (S8)
1.30 **Domina** 7&8/8. (S2)
3.30 **The Sopranos** 16/21. Tony is bitten by the gambling bug.
4.30 17/21. AJ is inconsolable after his split from Blanca. (S6)
5.30 **Six Feet Under** 3/13. A baker's death presents a challenge for Federico.
6.30 4/13. The Fishers are entrusted with a gang member's corpse. (S1)

9.00 Mare of Easttown

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 11/13. (S9)
9.00 **Stargate Atlantis** (S1)
11.00 **SEAL Team** 17/22. (S1)
12.00 NOON **The Flash** 12/13. (S9)
1.00 PM **Hawaii Five-0** (S9)
3.00 **NCIS: Los Angeles** 8/22. (S13)
4.00 **S.W.A.T.** 3/22. (S5)
5.00 **SEAL Team** 16/22. Jason disobeys orders and puts Sonny's life on the line. (S1)
6.00 **Stargate Atlantis** 17/20. The crew are given an opportunity to send video messages to their loved ones on Earth. (S1)

9.00 Rob Beckett's Smart TV

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt...**
12.05 PM **Celebrity Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal** *Best of Intentions.*
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *A Worm in the Bud:* An ancient land feud leads to murder. Guest stars Wendy Craig.
5.50 **Heartbeat** *Bad Blood:* Emily finds out she is pregnant, but the joy is tempered by ill-feeling from the Jacobs family.

10.00 Foyle's War

7 PM

7.00 Nothing to Declare Customs carry out a search on a pensioner. **7.30** A suspicious passenger is questioned.

7.35 Game of Thrones *The Last of the Starks:* 4/6. After the Battle of Winterfell, the Great War to gain control over Westeros continues as Jon and Daenerys look to the south. (S8)

7.00 Stargate Atlantis *The Gift:* 18/20. Teyla is haunted by recurring nightmares, which lead her to make an alarming discovery. (S1)

7.00 Deal or No Deal Stephen Mulhern hosts as Richard takes on the Banker for the chance to win life-changing money.

6.55 Heartbeat *Assault and Battery:* Vandalism at a battery egg farm proves to be more complicated than Nick first suspected.

8 PM

8.00 Chicago Med New episode *In the Wake:* 12/22. Goodwin deals with the trauma from her assault. (S10)

8.00 An Idiot Abroad 1/8. Ricky Gervais and Stephen Merchant send Karl Pilkington on a world tour, beginning in China.

8.00 Million Dollar Listing: LA Sparks fly as a lingering co-listing brings Flagg face to face with his ex for the first time in months.

8.00 Midsomer Murders *Picture of Innocence:* A photographer is killed shortly after exhibiting a compromising picture of Barnaby – who becomes a suspect in the ensuing investigation. Guest stars Liza Goddard.

9 PM

9.00 Chicago Fire New episode *Relief Cut:* 12/22. Herrmann investigate the rise in missing fire hydrants. (S13)

9.00 Mare of Easttown *Sacrament:* 7/7. The case takes a turn, and Mare's family and friends process the fall-out. (S1)

9.00 Rob Beckett's Smart TV With David Mitchell, Anna Richardson, Kadiff Kirwan and Ryan Sampson.

9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10 PM

10.00 Chicago PD New episode *The Good Shepherd:* 12/22. Torres goes undercover at a juvenile detention centre. (S12)
11.00 **FBI: International** (S3)
1.00 AM **Fire Country** 4/10. The crew respond to a toxic spill at a chemical plant. (S2)
2.00 **The Good Doctor** (S6)
4.00 **The Real A&E**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 207 310

10.15 The Wire *Clarifications:* 8/10. A renewed commitment to the police brings much-needed new recruits. (S5)
11.20 **Homicide: Life on the Street** 11/22. A body is uncovered at a construction site. (S7)
12.20 AM **Catherine the Great**
1.30 **Gomorrah** 3&4/12. (S2)
3.35 **Game of Thrones** 4/6. (S8)
5.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

10.00 Mr Bigstuff 5/6. Lee's past catches up with him. **10.30** 6/6. Kirsty and Glen realise their wedding fund is empty. (S1)
11.00 **Strike Back: Vendetta** 3/10. The team members race to stop the cyberweapon falling into Jihadist hands. (S8)
12.00 M'T **The Force: North East**
1.00 AM **Brit Cops: War on Crime**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 8/22. (S13)
4.00 **S.W.A.T.** 3/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

10.05 Family Guy 17/21. Peter becomes an intelligent, classy person. **10.35** 19/21. Meg has fun partying with Peter. (S12)
11.05 **Family Guy** 14/21. Chris learns he is the heir to his grandfather's fortune. (S12)
11.35 **American Dad!** 15&8/22. (S11)
12.35 AM **Bob's Burgers** (S14)
1.05 **Transaction** 4/6. (S1)
1.35 **Plebs** 5&6/8. (S2)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Foyle's War *Fifty Ships:* Foyle investigates a corpse found on the beach, bringing him into conflict with British attempts to secure vital American aid for the war effort.
12.00 M'T **Inspector Morse** *Promised Land:* Lewis and Morse pursue a former supergrass all the way to the Australian Outback.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Food Fest Scotland** Colin Murray and Edith Bowman explore the Peebles Show.
8.00 **Inside Central Station** The station tours are a man down, putting extra pressure on tour guide Jackie.
9.00 **Undisputed: The Life and Times of Ken Buchanan** A profile of the former boxing world lightweight champion.
10.00 **Still Game** 6/9. Navid's brother dies, so Jack and Victor are left minding the shop. (S2)
10.30 **The Chief** 1/4. Spin-off from *Scot Squad,* starring Jack Docherty. (S1)
11.00 PM **to 12.00** M'T **NEW TRNSMT** A look back at highlights from all three days of the music festival at Glasgow Green.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto**
9.00 **The Conners** (S5)
10.00 **Dice** 1&2/7. (S2)
11.20 **Flight of the Conchords**
12.40 PM **Silicon Valley** (S3)
2.00 **Dice** 1&2/7. (S2)
3.15 **Upright** 7&8/8. (S2)
4.30 **Flight of the Conchords**
5.45 **The Conners** (S5)
6.45 **The Office (US)** (S8)
7.45 **Silicon Valley** 3/10. An overtired Richard pushes himself to extreme levels working on his new idea. **8.25** 4/10. Richard gets an unlikely ally. (S4)
9.00 **And Just Like That...** New episode 8/12. *Sex and the City* revival starring Sarah Jessica Parker. (S3)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.00 **Chris Ramsey: Live from London**
12.00 M'T **Sex and the City**
1.20 AM **Entourage** (S1)
2.35 **to 5.00** AM **2 Dope Queens**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Andrea Bocelli: The Journey**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Freddie Mercury: Auction Special**
3.00 **Classic Movies: Murder on the Orient Express**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Clips from 1987.
9.00 **Opry Live** New edition
10.00 **Decades: Lynyrd Skynyrd – Rock Fuel**
11.35 **ZZ Top: That Little Ol' Band from Texas**
1.35 AM **AC/DC: Forever Young** Documentary.
2.50 **Classic Albums**
3.50 **Greatest Albums Live**
5.30 **to 6.00** AM **Inside Art**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 14/26. (S1)
8.00 **Star Trek: Deep Space Nine** 24/26. (S2)
9.00 **Forensics: Catching the Killer** How forensics helped solve a cold case. **10.00** A woman dies in an apparently accidental house fire.
11.00 **Grimm** 18/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the game show.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Monz takes on the Banker for the chance to win life-changing money.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Father Dowling Mysteries** 6/8. (S1)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 7&8/25. (S1)
12.00 NOON **Highway to Heaven** 5/25. (S1)
1.00 PM **Father Dowling Mysteries** 3/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 16&17/26. (S7)
9.00 **FILM Star Trek The Motion Picture** Sci-fi adventure starring William Shatner. Kirk and the crew of the USS *Enterprise* try to intercept a deadly forcefield that is heading towards Earth. (1979, U, 132min) ★★★
11.45 **The Avengers** (S6)
12.45 AM **M*A*S*H** (S7)
1.55 **Hart to Hart** (S3)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

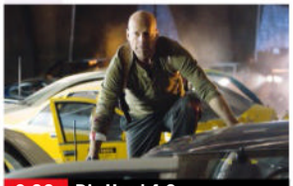
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.15 **Minder**
7.15 **The Professionals**
8.10 **Giant Lobster Hunters**
9.15 **Magnum, PI**
10.20 **Kojak**
11.25 **Giant Lobster Hunters**
12.25 PM **Made in Britain**
1.00 **Tour de France Highlights**
2.00 **LIVE Tour de France** Stage 13.
5.00 **Great Racehorses**
5.20 **River Monsters**
5.55 **Minder**



9.00 Die Hard 4.0

7.00 Tour de France Highlights Action from the 13th stage, a 10.9km time-trial to Peyragudes from Loudenvielle.

8.00 King of the Roads Action from the high-speed race in Imatra, Finland, featuring many of the world's leading riders.

9.00 FILM Die Hard 4.0 Action thriller sequel starring Bruce Willis and Timothy Olyphant. Tough cop John McClane goes on the trail of a criminal mastermind plotting a technological terror attack on America. (2007, 15, 128min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 Wrestling: AEW Dynamite Hard-hitting action from the world of All Elite Wrestling.
1.35 AM **Dark Side of the Ring** Martha Hart relives the final day of her late husband Owen.
2.25 **The Protectors**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 12/26. (S7)
2.00 **Atlantis** 5/13. (S2)
3.00 **Stargate Atlantis** 9/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 12/26. Riker faces a clash of loyalties. (S7)
6.00 **Star Trek: Enterprise** 23/24. Part one of two. Archer makes a pact with Xindi factions. (S3)

11.00 True Blood

7.00 Atlantis *The Day of the Dead:* 5/13. The gang battle an army of flesh-eating monsters. (S2)

8.00 Stargate Atlantis *Aurora:* 9/20. The crew members find an ancient civilisation, frozen in suspended animation. (S2)

9.00 The Walking Dead *What It Always Is:* 5/22. Supplies go missing from Hilltop, and Negan is idolised by an Alexandrian.

10.00 The Walking Dead *Bonds:* 6/22. Carol and Daryl go on a mission, while Siddiq struggles to solve a mystery. (S10)

11.00 True Blood 7/12. Russell lures more loyalist vampires to his anti-human cause.
12.00 M'T 8/12. Sookie and Jason are aided by the fairies as they visit the site where their parents died. (S5)
1.00 AM **Wynonna Earp** (S3)
3.00 **Room 104** 9&10/12. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries**
9.00 **Father Brown**
10.00 **WPC 56** 4/5. (S3)
11.00 **Hudson & Rex** 5/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S8&9)
4.00 **WPC 56** 4/5. (S3)
5.00 **Hudson & Rex** 5/16. A stock market guru is robbed. (S4)
6.00 **Father Brown** *The Viper's Tongue:* Mrs McCarthy finds her life under threat from a mysterious avenging angel.

3.00 Murdoch Mysteries

7.00 Miss Scarlet and the Duke 5/6. The final entry in the casebook takes Eliza and Duke to an abandoned prison. (S1)

8.00 Death in Paradise *The Wrong Man:* 2/8. A zombie movie being filmed on the island ends in real-life horror. (S3)

9.00 Death in Paradise *The Stakes Are High:* 2/8. Jack and the team enter the high-stakes world of poker when a player is poisoned. (S7)

10.20 Father Brown *The Time Machine:* A man tries to prove a member of his family killed his father.

11.20 **Father Brown** As 6.00pm.
12.20 AM **Miss Scarlet and the Duke** As shown at 7.00pm.
1.20 **Elementary** 4/13. Holmes and Watson investigate an explosion at a traffic stop. (S7)
2.15 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Last of the Summer Wine**
8.40 **Keeping Up Appearances**
9.20 **Ever Decreasing Circles**
10.00 **Are You Being Served?**
10.40 **Still Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **Dad's Army**
2.35 **Still Open All Hours**
3.15 **Are You Being Served?**
3.55 **Last of the Summer Wine**
5.15 **Ever Decreasing Circles**
5.55 **Keeping Up Appearances**
6.35 **Are You Being Served?**

10.40 The Fast Show

7.15 Dad's Army Captain Mainwaring camps the platoon on a firing range.
7.55 Still Open All Hours Love is in the air as Granville continues his attempts to woo Mavis.
8.30 The Vicar of Dibley Geraldine attempts to give up chocolate for Lent, while Alice's unwavering belief in the Dibley Bunny is ridiculed.
9.20 Local election fever hits the village.

10.00 The Royle Family Jim grumbles about the cost of Denise's wedding.
10.40 The Fast Show Football pundit Ron Manager discusses baldness.
11.20 **Not Going Out**
11.55 **Mrs Brown's Boys**
12.35 AM **The Vicar of Dibley**
1.15 **The Royle Family**
1.55 **The Fast Show**
2.40 **Not Going Out**
3.10 **to 4.00** AM **Mrs Brown's Boys**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Travel Man: 48 Hours in Porto** With Nish Kumar.
7.35 **Travel Man: 48 Hours in Tallinn** With Alice Levine.
8.00 **Special Ops: Crime Squad UK**
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein: From Venice to...**
12.00 NOON **Storage Hunters UK**
2.00 PM **Trawlermen: Hunting the Catch** Documentary.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers Everyday Gourmets** Party food.
6.00 **Rick Stein: From Venice to Istanbul** In northern Greece.

11.00 Taskmaster

7.00 Would I Lie to You? With Reginald D Hunter, Ken Livingstone, Stephen Mangan and Fern Britton.
7.40 Richard Osman's House of Games With Gareth Malone and Paul Martin.
8.20 Dom Joly, Angela Rippon John Robins and Samira Ahmed take part.

9.00 QI XL Jeremy Clarkson, David Mitchell and Ross Noble join regular panellist Alan Davies and host Stephen Fry.

10.00 Have I Got a Bit More News for You Helen McCrory hosts the satirical quiz, with Andy Hamilton and Chris McCausland.
11.00 Taskmaster Alex Horne receives a gift from Liza Tarbuck, and Tim Vine attempts a risky impersonation.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Almeria.
10.30 **Help! We Bought a Village** Documentary.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **The Great House Giveaway** From Chirk.
2.30 **George Clarke's Amazing Spaces**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Can't Sell, Must Sell**
8.00 **Supercruising: Life at Sea** The team sailing the Americas have a tricky manoeuvre to manage.
9.00 **24 Hours in A&E**
11.05 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.05 **First Dates**
2.10 **Love in the Wild: The Real Dating Experiment – Untold**
3.10 **In the Footsteps of Killers** True-crime.
4.05 **to 5.00** AM **Crime Scene Cleaners**

5USA

141/169 129 120/162 21 129 29

9.00 AM **NCIS** 16-18/24. (S3)
12.00 NOON **Law & Order: Criminal Intent** (S2)
3.00 PM **Law & Order** (S13)
6.00 **NCIS** *Sandblast:* 7/24. A Marine colonel is killed in an explosion.
7.00 *Once a Hero:* 8/24. A former Marine falls to his death.
8.00 *Twisted Sister:* 9/24. McGee attempts to help his sister, who believes she may have killed someone. (S4)
9.00 **Person of Interest** *Triggerman:* 4/22. Reese protects a mob enforcer and his girlfriend.
10.00 *Bury the Lede:* 5/22. Reese tries to protect an investigative journalist. (S2)
11.00 **Law & Order: Special Victims Unit** (S15)
12.55 AM **The Resident** (S1)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **FILM Fifty Shades Darker** Erotic drama sequel starring Dakota Johnson, Jamie Dornan and Eric Johnson. (2017, 18, 118min) ★
11.20 **FILM Drop Dead Gorgeous** Mock documentary with Kirsten Dunst, Kirstie Alley and Denise Richards. (1999, 15, 100min) ★★
1.25 AM **Quantico** (S3)
3.00 **Police Interceptors**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Highway Patrol**
9.25 **Trucking Hell**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
1.25 PM **FILM Death Rides a Horse** Spaghetti Western starring John Phillip Law and Lee Van Cleef. (1969, 15, 111 min) ★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Suspect No 1**
10.00 **The Motorway** The control room spots a woman attempting to wave down passing traffic on the M6.
11.00 **Quantum Leap** (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell: After Dark** Documentary.
3.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Junior USA** Culinary series.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **The Shift: Women on the Force** PC Helen France is on the hunt for a dangerous suspect.
8.00 **Inside the Ambulance: Coast and Country** The medics help a man who is bleeding profusely.
9.00 **999 Rescue Squad** Paramedics race to help a man who has been stabbed in the back with a screwdriver.
10.00 A man has a spike impaled in his face.
11.00 **Ghosts** Triple bill.
1.00 AM **My Kitchen Rules: Australia** Culinary show.
2.35 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.20 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Ghost in the Machine:* The priest investigates the disappearance of a parishioner.
9.00 *The Maddest of All:* An ex-serviceman dies suddenly in the street.
10.00 **New Tricks**
11.20 **Spooks** 2/10. (S3)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Birds of a Feather**
2.55 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

FRIDAY Entertainment

Friday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** Pembrokeshire.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Ishy Khan and Natasha Raskin Sharp search for antiques in Yorkshire. **8.00** Ishy and Natasha visit Heanor, Derbyshire.
9.00 **Yorkshire Air 999** New edition Following the work of the Yorkshire Air Ambulance.
10.00 **Helicopter ER** A lorry driver's leg is almost severed by a forklift truck. **11.00** A man has been crushed by his milk truck.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Game show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** With Brian Dowling and Kym Marsh.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Double bill of the quiz show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **FILM Operation Cross Eagles** Drama. (1969, 12, 90min) ★
9.50 **War Machines**
11.00 **The High Chaparral**
12.00 NOON **Bonanza**
1.00 PM **FILM Red River** Western. (1948, b/w, U, 133min) ★★★★★
2.55 **FILM Wrangler** Australian Western. (1989, 12, 92min) ★★
5.00 **Bonanza** (S1)
7.00 **The High Chaparral**
8.00 **FILM The Alamo** Epic Western directed by and starring John Wayne. (1960, PG, 161min) ★★★
11.35 **FILM Kickboxer: Vengeance** Thriller remake with Alain Moussi. (2016, 15, 90min) ★★
1.35 AM **FILM Asteroid: Final Impact** Thriller starring Mark Lutz. (2015, PG, 86min) ★
3.40 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

6.00 AM **FILM Crisis Point** Thriller. (2012, PG) ★★
8.00 **Paddington Station 24/7**
9.00 **Saving Lives at Sea**
10.00 **FILM Dating to Kill** Thriller. (2019, 12) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM I Do, or Die – A Killer Arrangement** Thriller. (2020, 12) ★★
3.00 **FILM Killer in Law** Thriller. (2019, PG) ★★
5.00 **FILM A Sister's Obsession** (2019) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Papillon** Drama. (2017, 15, 133min) ★★★
11.50 **FILM The Teagarden Mysteries: Three Bedrooms, One Corpse** Drama. (2016, PG) ★★
1.45 AM **FILM A Date With Murder** (2008, 12) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM The Other Mother** Drama. (1995, PG, 90min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Like Cats and Dogs** Romantic comedy. (2017, PG, 81min) ★★
10.00 **FILM Unleashing Mr Darcy** Romantic drama. (2016, PG, 95min) ★★
12.05 PM **FILM A Tail of Love** Romantic drama. (2022, U, 87min) ★★
2.00 **FILM BFF Bride** Drama. (2019, PG, 77min) ★★
4.00 **FILM Bridal Wave** Romantic drama. (2015, PG, 84min) ★★
6.05 **FILM Sailing into Love** Drama with Leah Renee. (2019, PG, 85min) ★★
8.00 **FILM Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
10.00 **FILM The Wedding Ring** Romantic drama. (2020, PG, 86min) ★★
11.55 **FILM I Me Wed** Comedy. (2007, PG, 90min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM BFF Bride** As 2.00pm.

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
11.00 **Jokers Wild**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Carry On Laughing** 6/7. (S2)
12.30 PM **You're Only...**
1.00 **Born Free** 8/13. (S1)
2.00 **FILM Just My Luck** Comedy. (1957, U) ★★★
3.40 **Mysterious Tales** (S1)
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of Breath** 3/6. (S4)
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S1)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Thick as Thieves** (S1)
8.30 **A Sharp Intake of...**
9.00 **Bramwell** 3/7. (S1)
10.00 **Soap** 9/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM House on Haunted Hill** Horror. (1958, 12, 75min) ★★★
1.30 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Double bill.
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The crews are struck by the first turbulent storm of the season. **8.00** Following life aboard ship in the Alaskan crab-fishing fleet.
9.00 **Chasing Classic Cars** Wayne searches for the perfect Bugatti. **10.00** Wayne sets his eyes on a 1950 Oldsmobile 88.
11.00 **Gold Divers** Nome prepares for a storm.
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Maneet's Eats**
6.30 **Nadiya's Fast Flavours**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Forever Summer**
10.00 **Comfort Food**
11.00 **Great British Bake Off**
1.00 PM **Maneet's Eats**
1.30 **Nadiya's Fast Flavours**
2.00 **James Martin's Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Forever Summer**
6.00 **Comfort Food**
7.00 **Great British Bake Off**
9.00 **Mary Berry's Quick Cooking** Double bill.
10.00 **Paul Hollywood: City Bakes** From Reykjavik.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 8/25. (S7)
9.00 **The Fall Guy** 6/23. (S2)
10.00 **Knight Rider** 18/22. (S3)
11.00 **FILM Moby Dick** Thriller. (2010, 12, 87min) ★★
1.00 PM **FILM The Lost Future** Sci-fi adventure. (2010, 15, 90min) ★★
3.00 **FILM At the Earth's Core** Sci-fi adventure starring Doug McClure. (1976, PG, 86min) ★★★
5.00 **Star Trek** 24/26. (S2)
6.00 **Knight Rider** 19/22. (S3)
7.00 **The Fall Guy** 7/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM D.O.A** Thriller starring Dennis Quaid. (1988, 15, 93min) ★★
11.00 **FILM Trespass** Thriller starring Bill Paxton. (1992, 18, 101min) ★★★
1.00 AM **FILM Cold in July** Crime thriller. (2014, 15, 108min) ★★★★
3.10 **to 5.00** AM **FILM Wired Shut** Thriller. (2021, 15, 95min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Warbirds** As shown at 5.00pm.
8.00 **FILM Bigfoot** Adventure. (2012, 12, 89min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM Mega Shark vs Kolossus** Fantasy thriller. (2015, 12, 90min) ★
1.00 PM **FILM The Day of the Triffids** Sci-fi chiller. (1962, 12, 95min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 24/25. (S3)
5.00 **FILM Warbirds** Sci-fi drama with Jamie Elle Mann and Lucy Faust. (2008, 15, 87min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 25/25. (S3)
9.00 **FILM Papillon** Drama with Charlie Hunnam. (2017, 15, 133min) ★★★
11.35 **FILM Desolation** Thriller starring Toby Nichols. (2017, 15, 86min) ★★
1.05 **to 3.00** AM **FILM Prey** Horror adventure. (2018, 15, 85min) ★★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.25 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **The Proof Is Out There: Bermuda Triangle**
10.00 **Weird Britain**
11.00 **The UnXplained**
12.00 M'T **My Paranormal Nightmare** Mysteries.
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** The Azores.
12.00 NOON **Menorca: Jewel of the Med**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.40 **Cruising with Jane McDonald**
6.00 **The Good Ship Murder**
6.55 **Cruising with Susan Calman** Susan visits Halifax, Nova Scotia.
8.00 **Ben Fogle: New Lives in the Wild** Ben visits former paratrooper Chris in Dorset.
9.00 **Dalgliesh** 3&4/6. (S3)
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald**
1.00 AM **22 Kids & a Baby**
2.00 **22 Kids & Counting**
3.00 **Cruising with Susan Calman** As 6.55pm.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From East Sussex.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Lottery Dream Home** New editions David helps a retiring Ohio couple find a holiday house in Florida. **9.30** A man looks to fulfil his dream of owning a bed and breakfast.
10.00 **My Lottery Dream Home** Double bill.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **The Bad Skin Clinic** A man seeks surgery for his bulbous nose.
8.00 **My 600lb Life** A man who has become housebound from eating. **10.00** A friend pushes Cindy to seek help.
12.00 M'T **Body Bizarre** Winny suffers from a rare disorder that means her skin falls off.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **to 6.00** AM **My 600lb Life**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing** (S5)
11.00 **Everybody Loves Raymond** 15-18/25. (S2)
1.00 PM **Friends** (S1)
7.00 **Friends** 21-24/24. (S1)
9.00 **Michael McIntyre's Big Show** Singer-songwriter Lewis Capaldi hands over his phone to the host in Send to All.
10.00 **Whose Line Is It Anyway? USA** New edition
10.30 **Whose Line Is It Anyway? USA**
11.00 **8 Out of 10 Cats**
12.00 M'T **Police Squad!**
1.00 AM **South Park**
2.30 **Key & Peele**
3.00 **Michael McIntyre's Big Show** As 9.00pm.
3.45 **The Pep Talk**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
9.30 **FILM Daria: Is It College Yet?** Animation. (2002, 12, 66min) ★★
11.00 **Friends** 12-15/25. (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 1&2/13. (S1)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S5)
7.00 **Everybody Loves Raymond** 15-18/25. (S2)
9.00 **Friends**
2.00 AM **Michael McIntyre: Showtime** Stand-up performance from The O2 in London.
3.00 **Harry Hill Live: Sausage Time** From the New Theatre, Oxford.
3.45 **Tom Allen Absolutely Live** Stand-up show.
4.30 **Chris Ramsey Live: All Growed Up** Stand-up.
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S5)
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** *A Slow Death Is Worse:* 7/12. The crew discover they are not alone. (S1)
7.00 **UK Border Force**
10.00 **Stella** 9&10/10. (S4)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Maisie Adam and James Maddison.
2.00 **Sick Note** 7&8/8. (S2)
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: Scammed**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Catfish: The Dramatic** Reality series.
5.00 **Catfish: Catch of the Day** Reality series.
6.00 **Catfish: The TV Show**
7.00 **Celebs on the Farm** The nine celebs take on an alpaca agility course.
8.00 **Catfish UK** Single mum Emma and online love Harry have already set a wedding date.
9.00 **MTV Family Legacy** New editions
11.00 **Cyndi Lauper: Let the Canary Sing**
1.00 AM **Ink Master**
2.45 **Love At First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: White Water**
5.00 **Building Off the Grid** Jason builds a solar-powered cabin made from trees harvested from their own woods.
6.00 **Border Control: Spain** Double bill of the documentary following the work of the Security and Customs Services at the borders of Spain.

9.00 Expedition Files

7.00 **Wheeler Dealers** Mike finds the perfect starter classic, a 1989 Audi Coupe, which has low mileage but failed its MOT.

8.00 **Gold Rush: White Water** After a huge airboat disaster, Dustin's crew fight dwindling supplies and harsh conditions.

9.00 **Expedition Files** New edition New details emerge about the car in which James Dean died, and D.B. Cooper's identity.

10.00 **Blowing Up History** In 373 BC, the Greek city of Helike vanished. Now, archaeologists believe they've found the ruins.

11.00 **Border Control Poland** Customs officers conduct a detailed search of a busy train.
12.00 M'T **Moonshiners**
1.00 AM **Expedition Files** As 9pm.
2.00 **Blowing Up History** As 10pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die** From Greenland.
10.00 **Tanked** A hotel aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Cats who eat everything in sight. **4.00** A house where four cats are always fighting.
5.00 **Lone Star Law** Hunting for a foreign cargo vessel.
6.00 **Dr Jeff: Rocky Mountain Vet** Jeff and Petra try to save a beloved pet husky's leg.

8.00 Dodo Heroes

7.00 **Animal Cribs** Mr Pickles needs a new house, mud pit and plenty of space to run around in the garden.

8.00 **Dodo Heroes** A British Marine is determined to reunite six dogs with the soldier who saved them in Texas.

9.00 **Alaska: The Last Frontier** Atz Lee and Shane struggle to move a two-ton bridge to ensure crossing of glacial rivers.

10.00 **Alaskan Bush People** The Wolfpack kids have divided the land and are desperate to finish building their houses in time.

11.00 **Pit Bulls & Parolees** Tia prepares for hurricane season.
12.00 M'T **Crikey! It's the Irwins** The family make a trip to the Steve Irwin Wildlife Reserve.
1.00 AM **Dodo Heroes** As 8pm.
2.00 **Animal Cribs** As 7pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mutant Weather**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **The Truth Behind**
1.00 PM **UFO UK: New Evidence**
2.00 **Hitler's Killer Warships: Drain the Oceans**
3.00 **Secret Nazi Science**
4.00 **World's Greatest Train Journeys from Above**
5.00 **Car S.O.S** Austin 7 Chummy.
6.00 **World War II: Secrets from Above** A daring attack on the Nazi-occupied Netherlands.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** Niki Lauda joins forces with investigators looking into the crash of Lauda Air Flight 004 of May 1991.

8.00 **Air Crash Investigation** Investigating what caused John F Kennedy Jr's light aircraft to crash into the Atlantic Ocean in 1999.

9.00 **Air Crash Investigation** Investigators examine the similarities between two accidents that happened more than a decade apart.

10.00 **Miracle Landing on the Hudson** Charting how US Airways Flight 1549 was forced to land on the Hudson River in 2009.

11.00 **Air Crash Investigation**
12.00 M'T **Inside Airport Lost & Found** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day** Tractors.
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Evidence of the Unexplained** Documentary.
2.00 **Mountain Men** Jake spends the night in the mountains.
2.55 **Pawn Stars** A rare photo.
3.15 **Secrets in the Sand**
5.00 **What on Earth?** As 11pm.
6.00 **American Pickers** Mike visits a drugstore in Indiana.

9.00 Thomas Jefferson

7.00 **Forged in Fire** Two bladesmiths re-create an iconic weapon of the Revolution – the Continental Cavalry sabre.

8.00 **Hitler's Coup 1923** The infamous Beer Hall Putsch, an attempt by Adolf Hitler to take power in Germany by force.

9.00 **Thomas Jefferson** New edition How Governor Jefferson faced a challenge when British forces invaded the state.

10.00 **Kursk: 10 Days That Shaped Putin** 1/2. An explosion onboard a *Kursk* submarine in the Barents Sea.

11.00 **What on Earth?** Satellite images reveal how El Chapo escaped from a high security prison in Mexico.
12.00 M'T **Encounter: UFO** Close encounters with UFOs.
12.55 AM **The Proof Is Out There**
1.50 **Thomas Jefferson** As 9pm.
2.50 **Forged in Fire** As 7pm.
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Secret Nazi Bases**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **World War Weird** The search for looted gold hidden by the Nazis in North Africa.
6.00 **Antiques Roadshow** Fiona Bruce looks at a selection of 2011's most memorable finds.

8.00 Warbird Workshop

7.00 **Great American Railroad Journeys** Michael Portillo explores the Province of Quebec, taking the Charlevoix train.

8.00 **Warbird Workshop** A Sea King rescue helicopter requires a new engine installing, as well as giant rotor blades.

9.00 **'Allo 'Allo!** Fanny and Leclerc's wedding clashes with a rescue plan. **9.40** Colonel Von Strohm, Von Smallhausen and Herr Flick are tied to a bomb. **10.20** Rene is horrified when Edith resolves to rescue them, but her plans are soon thwarted.

11.00 **Bangers & Cash** Derek picks up a veteran 1904 Swift and a Toyota Corona finds a home.
12.00 M'T **Abandoned Engineering** Projects include a ghostly house in a tropical paradise that is still feared by the locals.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The team restore a rare clock, a theatre chair and a bronze locket.
8.00 **Johnny Vegas' Little Shop of Antiques** Actor and comedian Johnny Vegas embarks on a new adventure as he opens an antiques shop in Cheshire.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... UK**
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Say Yes to the Dress**
12.00 NOON **Married to Evil**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Ben Butler.
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** Fraudsters targeting the elderly.
8.00 **Murder on CCTV**
9.00 **Mean Girl Murders** New edition
10.00 **Mean Girl Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime series.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A millionaire disappears after boarding a flight.
8.00 **Britain's Countryside Killers** The murder of Emma Caldwell.
9.00 **Shocking Crimes: Murder Book** A decades-old murder is finally put to rest.
10.00 **It Takes a Killer** Police suspect a woman has been killed by her ex. **10.30** A woman kills a tenant and a landlord.
11.00 **Uncovering Melanie's Murderer** Documentary.
12.00 M'T **Uncovering the Date Rape Killer**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** Computer image enhancement is used to study bite wounds. **4.30** Someone targets members of law enforcement in Texas. **5.00** A housewife is found dead in suspicious circumstances, but the police rule out foul play. **5.30** An Illinois mother and her two children are murdered in their beds. **6.00** Detectives investigate the case of a young E-coli victim. **6.30** A woman's body is discovered under a bridge and detectives believe she committed suicide.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **The Force: Manchester**
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** True-crime.
1.00 PM **Britain's Most Evil Killers** Stephen Farrow.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **What the Killer Did Next** Peter McMahon.
10.00 **Catching a Serial Killer**
11.50 **The Real Manhunter**
12.55 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **The Killer Within**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Full Steam Ahead**
9.30 **The World after Stonehenge** As 7.50pm.
10.40 **Women of World War II: The Untold Stories**
11.55 **Mafia's Greatest Hits**
1.00 PM **Full Steam Ahead**
2.15 **The World after Stonehenge** As 7.50pm.
3.20 **Women of World War II: The Untold Stories**
4.35 **In the Cold Dark Night**
6.30 **Full Steam Ahead**
7.50 **The World after Stonehenge** The origins of Britain and its people.
8.55 **NEW Women of World War II: The Untold Stories** The stories of American women involved in the conflict.
10.05 **In the Cold Dark Night** Investigating the murder of Timothy Coggins.
12.00 M'T **Women of World War II: The Untold Stories** As 8.55pm.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

FRIDAY

Friday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Richard Dreyfuss**
8.00 **The Directors**
8.55 **The Vow** 9/9. Documentary.
10.00 **Donyale Luna: Supermodel**
11.50 **My Icon: Kadeen Corbin**
12.00 NOON **Elizabeth Taylor: The Lost Tapes** Documentary.
2.00 PM **Faye** Documentary.
3.50 **My Icon: Pam Cookey**
4.00 **Discovering: Richard Dreyfuss**
4.55 **The Vow**
6.00 **My Mom Jayne**
8.00 **Death of a Showjumper** 1/3. The events surrounding the death of young Northern Irish showjumper Katie Simpson. **9.00** 2/3. Undercover investigators look into the death of Katie Simpson.
10.00 **Six Silent Killings: Ireland's Vanishing Triangle** 1&2/2.
12.00 M'T **I Am Heath Ledger**
1.50 AM **FILM Undefeated** Oscar-winning documentary. (2011, 12, 113min) ★★★★★
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Richard Dreyfuss**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain**
3.00 **Murdertown**
4.00 **Cops Gone Bad with Will Mellor** Adam Provan.
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic**
9.00 **Fugitives Caught on Tape** New editions Double bill.
10.00 **Undercover: Caught On Tape**
11.00 **Fugitive Hunters: Mexico**
12.00 M'T **Murder By Medic**
1.00 AM **Fugitives Caught on Tape**
2.00 **Court Cam**
3.00 **Criminal Confessions**
4.00 **Killer Britain**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.55 **Secret Army**
1.20 PM **Oliver Twist**
2.35 **The Dick Emery Show**
4.30 **Secret Army**
6.50 **Oliver Twist** 8/12. Oliver is befriended by Mrs Maylie and her adopted daughter. **7.30** 9/12. Monks seeks information from the Bumbles concerning Oliver's identity. (S1)
8.10 **The Dick Emery Show** Triple bill featuring comic sketches.
10.05 **Secret Army** *Suspicions:* 15/16. Kessler and Brandt trace Curtis to the Cafe Candide. (S1)
11.20 **Louis Theroux: Dark States – Murder in Milwaukee** Louis examines gun crime and racial tensions in the US city, meeting the police department's homicide officers and families of people who have been shot.
12.40 AM **Oliver Twist**
1.20 **The Dick Emery Show**
3.15 **Secret Army**
5.10 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Africa's Underwater Wonders** Documentary.
7.00 **Monkey Life**
8.00 **Wild Birds of Australia**
9.00 **Wild Family Ties**
10.00 **Living Beach**
11.00 **New Kids in the Wild**
12.00 NOON **Guardians of the Wild**
1.00 PM **Monkey Life**
2.00 **Wild Birds of Australia**
3.00 **Wild Family Ties**
4.00 **Living Beach**
5.00 **Gangs of Lemur Island**
6.00 **Colombia's Wild Coast**
7.00 **Monkey Life** Double bill.
8.00 **Patrick Aryee's Wild World** Patrick is in Costa Rica to witness the annual mass nesting of sea turtles.
9.00 **13 Hours to Survive**
10.00 **Colombia's Wild Coast**
11.00 **Gangs of Lemur Island**
12.00 M'T **New Kids in the Wild**
1.00 AM **A Bee's Diary**
2.00 **Patrick Aryee's Wild World**
3.00 **13 Hours to Survive**
4.00 **Wild Birds of Australia**
5.00 **to 6.00** AM **Wild Family Ties**

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars**
10.00 **Savage Kingdom**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Investigation Shark Attack**
3.00 **Equator's Wild Secrets**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** The cheetah repopulation program starts to take effect.
8.00 **Africa's Hunters** A hyena must assert dominance over the pack.
9.00 **Mystery Gorilla** The social behaviour of gorillas.
10.00 **Alaska: The Next Generation** The Alaskans face unpredictable challenges in the wild to ensure their safety.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 141 166

8.00 AM **Til Death Do Us Part**
9.00 **Disappeared**
11.00 **Murder Comes to Town**
1.00 PM **Evil Lives Here: Shadows of Death** Double bill.
3.00 **Swamp Murders**
5.00 **Evil Lives Here**
7.00 **Murder in the Heartland** When motel desk clerk Mary Klatt is brutally strangled to death, the local community struggle with the harsh reality that someone could harm her. **8.00** The case of Liz Syperda, whose disappearance rocked the close-knit community of Mount Pleasant, Iowa.
9.00 **Murder Under the Friday Night Lights** A male cheerleader goes missing just before the state championship.
10.00 **Death by Fame**
11.00 **Fallen Idols: Nick & Aaron Carter** Double bill of editions.
1.00 AM **Obsession: Dark Desires**
2.00 **Evil Lives Here**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **National Park Mysteries**
9.00 **Swamp Mysteries with Troy...**
10.00 **Blown Away**
11.00 **Ancient Aliens**
1.00 PM **National Park Mysteries**
2.00 **Swamp Mysteries with Troy Landry** Troy investigates reports of a Nile crocodile in Florida.
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **UFO Hunters**
6.00 **Combat Trains**
7.00 **What on Earth?** Alien-like metal monsters reportedly coming from the sea.
8.00 **Ghost Ships** Following efforts to locate wreckage of SS *Mont Blanc* and SS *Imo*.
9.00 **Hitler's Handmaidens**
10.00 **WWII Lost Films**
11.00 **Secret Wars Uncovered**
12.00 M'T **Ancient Aliens**
2.00 AM **Guns That Changed the Game** A look at the development of machine guns.
3.00 **History's Greatest Aircraft**
4.00 **Bomber: Terror of WWII**
5.00 **to 6.00** AM **UFO Hunters**

Discovery History

174 147 181 320 325

7.00 AM **Concorde: The Final Flight**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts examine a huge black hole at the heart of the galaxy.
8.00 **Concorde: The Final Flight** The story of the supersonic plane's last flight from New York to London in October 2003. Narrated by Bill Nighy.
9.00 **Secret Space Escapes** Astronauts share terrifying tales of disaster in space.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Henry and Fuzz try to revive an Austin Mini.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina**
9.00 **Richard Hammond's Workshop**
10.00 **Texas Metal**
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Shed and Buried: Classic Cars** As shown at 12.00noon.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Sky Cinema Preview**
7.00 **Running on Empty** (2024)
8.40 **Wicked** As shown at 5.20pm.
11.20 **PREMIERE Juror #2** As 8pm.
1.20 PM **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
3.05 **William Tell** Historical action drama starring Claes Bang. (2025, 15, 133min) ★★★
5.20 **Wicked** Musical fantasy adventure with Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★

8.00 Juror #2

8.00 PREMIERE Juror #2 Clint Eastwood's legal thriller starring Nicholas Hoult. While serving as a juror in a high-profile murder case, a family man grapples with a serious moral dilemma. (2024, 12, 113min) ★★★★
See review, page 22.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Gladiator II Director Ridley Scott's historical drama sequel starring Paul Mescal, Pedro Pascal and Denzel Washington. The son of Maximus Decimus Meridius enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Salem's Lot** Horror. (2024, 15, 109min) ★★★
2.35 **Running on Empty** Comedy. (2024, 15, 91min) ★★★
4.10 **to 6.30** AM **William Tell**

Sky Cinema Hits

303 303 403 503 517

6.55 AM **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
8.35 **Mean Girls** Musical adaptation of the 2004 teen comedy. (2023, 12, 112min) ★★★
10.30 **The Shawshank Redemption**
12.55 PM **There Will Be Blood**
3.35 **Lee** Biopic with Kate Winslet. (2023, 15, 117min) ★★★
5.35 **The Amazing Spider-Man 2** Fantasy adventure sequel starring Andrew Garfield. (2014, 12, 142min) ★★★

10.25 Django Unchained

8.00 The Shawshank Redemption Prison drama starring Tim Robbins and Morgan Freeman. A mild-mannered banker convicted of murder forms an unlikely friendship with a fellow convict. With Bob Gunton and William Sadler. (1994, 15, 142min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Django Unchained Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **There Will Be Blood** Epic drama with Daniel Day-Lewis. (2007, 15, 158min) ★★★★★
3.50 **Lee** As shown at 3.35pm.
5.55 **to 8.20** AM **A Star Is Born** Drama starring Lady Gaga. (2018, 15, 136min) ★★★★★

Sky Cinema Drama

310 310 410 510 524

7.15 AM **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
9.40 **The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
12.35 PM **Chicago** Screen version of the hit Broadway musical. (2002, 12, 112min) ★★★★
2.30 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
4.25 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
6.20 **Lady Bird** Comedy drama. (2017, 15, 94min) ★★★★★
8.00 **Darkest Hour** Biopic starring Gary Oldman. In May 1940, British prime minister Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. (2017, PG, 122min) ★★★
10.10 **Golda** Biopic with Helen Mirren, Zed Josef and Liev Schreiber. (2023, 12, 100min) ★★
11.55 **The Color Purple** Musical drama starring Fantasia Barrino. (2023, 12, 141min) ★★★
2.20 AM **The Post** Fact-based drama starring Meryl Streep and Tom Hanks. (2017, 12, 113min) ★★★★
4.25 **to 6.35** AM **West North West** Drama. (2015, 15, 125min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.00 AM **Biosphere** Sci-fi comedy drama. (2022, 15, 106min) ★★★
8.55 **If You Were the Last** (2023)
10.35 **Dune: Part Two** Sci-fi drama. (2024, 12, 166min) ★★★★★
1.25 PM **The Crazies** As 10.05pm.
3.15 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
4.35 **Congo** Michael Crichton's jungle adventure starring Laura Linney. (1995, 12, 108min) ★★★
6.30 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
8.00 **Star Trek Beyond** Sci-fi adventure starring Chris Pine, Zachary Quinto and Idris Elba. (2016, 12, 122min) ★★★★
10.05 **The Crazies** Horror remake of the 1973 George A Romero cult film, starring Timothy Olyphant and Radha Mitchell. (2010, 15, 101min) ★★★★
11.50 **28 Days Later...** Danny Boyle's horror starring Cillian Murphy. (2002, 18, 113min) ★★★★
1.50 AM **If You Were the Last** Sci-fi romantic comedy starring Anthony Mackie and Zoe Chao. (2023, 15, 92min) ★★★★
3.25 **Videodrome** Sci-fi thriller. (1982, 18, 88min) ★★★★
4.55 **to 6.35** AM **Tarot** Horror. (2024, 15, 92min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.30 AM **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
8.25 **The Karate Kid: Part III** Adventure. (1989, PG) ★
10.25 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
12.15 PM **The Smurfs** (2011, U) ★★
2.05 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
4.00 **Finding Neverland** Drama. (2004, PG, 101min) ★★★★
5.50 **The Flintstones** Comedy. (1994, U, 93min) ★★★

5.50 The Flintstones

7.30 **The Flintstones in Viva Rock Vegas** Comedy prequel with Mark Addy and Stephen Baldwin. (2000, PG, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **The Karate Kid** Martial arts adventure starring Jaden Smith and Jackie Chan. An American boy relocates to Beijing with his widowed mother and learns kung fu in order to protect himself from a local gang of bullies. (2010, PG, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Beethoven** Comedy starring Charles Grodin and Bonnie Hunt. (1992, U, 87min) ★★★
1.10 AM **A Tiger's Journey** Family drama starring Sunny Pawar. (2023, PG, 94min) ★★★
2.55 **Big Fat Liar** Teen comedy starring Frankie Muniz. (2002, PG, 88min) ★★★
4.30 **to 6.20** AM **Bookworm** Family comedy starring Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.15 AM **Jackie Chan's Armour...**
7.55 **Jackie Chan's Police Story 2**
10.00 **Green Lantern** Adventure. (2011, 12, 114min) ★★
11.55 **The Fast and the Furious: Tokyo Drift** (2006, 12) ★★
1.40 PM **Fury** War drama. (2014, 15, 134min) ★★★
3.55 **Superman IV: The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★
5.35 **Man of Steel** Fantasy. (2013, 12, 143min) ★★★

3.55 Superman IV

8.00 **Wonder Woman** Fantasy adventure starring Gal Gadot and Chris Pine. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. With Connie Nielsen, Robin Wright, Danny Huston and David Thewlis. (2017, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **The Warriors** Thriller directed by Walter Hill, and starring Michael Beck and James Remar. (1979, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Gods of Egypt** Fantasy with Nikolaj Coster-Waldau. (2016, 12, 127min) ★★★
2.15 **Jackie Chan's Armour of God** Martial arts thriller. (1986, 15, 95min) ★★★
3.55 **to 6.00** AM **Jackie Chan's Police Story 2** Martial arts comedy thriller sequel. (1988, 15, 91min) ★★★

Sky Cinema Buddy Films

308 308 408 508 522

7.20 AM **Snack Shack** As 3.35am.
9.15 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
10.50 **Happy Gilmore** Comedy. (1996, 12, 92min) ★★★
12.25 PM **Bad Boys for Life** Action comedy. (2020, 15) ★★★
2.30 **Everybody Wants Some!!** Comedy. (2016, 15) ★★★★
4.30 **Role Models** Comedy. (2008, 15, 99min) ★★★★
6.15 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★

8.00 Mean Girls

8.00 **Mean Girls** Musical adaptation of the 2014 teen comedy, starring Angourie Rice and Reneé Rapp. Teenager Cady Heron is a hit with a school clique when she makes the mistake of falling for Aaron Samuels. (2023, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Bad Boys: Ride or Die** Action comedy sequel starring Will Smith. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15, 93min) ★★★
1.35 AM **Everybody Wants Some!!**
3.35 **Snack Shack** Comedy. (2023, 15, 107min) ★★★
5.35 **to 7.25** AM **The Parenting** Horror comedy with Brian Cox. (2025, 15, 94min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Last Stop in Yuma...**
7.45 **Greedy People** As 2.25am.
9.45 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
12.00 NOON **Angels & Demons** Thriller. (2009, 12, 138min) ★★
2.25 PM **Retribution** Thriller. (2023, 12, 91min) ★★
4.05 **Breakdown** Suspense thriller. (1997, 15, 94min) ★★★★
5.45 **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★

5.45 The Perfect Storm

8.00 **Inferno** Director Ron Howard's adaptation of the Dan Brown thriller, starring Tom Hanks, Felicity Jones and Irrfan Khan. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions of people. (2016, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **GoodFellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★
2.25 **Greedy People** Comedy thriller starring Himesh Patel. (2024, 15, 113min) ★★★★
4.30 **to 6.15** AM **The Wasp** Thriller. (2024, 15, 96min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Winslow Boy** Vintage courtroom drama. (1948, b/w, U, 117min) ★★★★
1.20 PM **The Wrong Box** Black comedy starring John Mills. (1966, U, 101min) ★★★
3.30 **Young Winston** Biopic. (1971, PG, 157min) ★★★
6.30 **Le Mans '66** Fact-based sports drama starring Matt Damon and Christian Bale. (2019, 12, 152min) ★★★★

9.30 Babylon

Le Mans '66
(film started at 6.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Babylon** Damien Chazelle's comedy drama starring Brad Pitt and Margot Robbie. Several characters enjoy an era of unbridled decadence and depravity in early Hollywood. With Jovan Adepo and Diego Calva (2022, 18, 188min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 **to 3.50** AM **Miss Peregrine's Home for Peculiar Children** Tim Burton's fantasy adventure based on the novel by Ransom Riggs, starring Eva Green, Asa Butterfield, Samuel L Jackson and Terence Stamp. (2016, 12, 127min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

6.00 AM **Poison** Drama starring Tim Roth. (2024, PG, 86min) ★★★★
7.35 **Chuck Chuck Baby** As 3.15am.
9.20 **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
11.00 **A Nice Indian Boy** Romantic comedy. (2024, 12, 96min) ★★★
12.45 PM **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
3.35 **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★

5.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
8.00 **Bad Boys: Ride or Die** Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
10.00 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★
11.45 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★

1.45 AM **AfrAId** Sci-fi horror. (2024, 15, 84min) ★★
3.15 **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★
5.00 **to 6.45** AM **I Don't Understand You** Horror comedy starring Nick Kroll. (2024, 15, 105min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.15 AM **The China Syndrome**
8.20 **The Great Escape** As 10.55pm.
11.15 **Serpico** Crime drama. (1973, 18, 130min) ★★★★
1.25 PM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
3.40 **Gloria** Crime thriller. (1980, 15, 121min) ★★★★
5.45 **Chinatown** Roman Polanski's thriller starring Jack Nicholson. (1974, 15, 131min) ★★★★★

8.00 **The Godfather** Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families. Stars Marlon Brando, Al Pacino and James Caan. (1971, 15, 167min) ★★★★★
10.55 **The Great Escape** Classic adventure about Allied prisoners planning a mass breakout from a Nazi prison camp. Stars Steve McQueen, James Garner and Richard Attenborough. (1963, PG, 166min) ★★★★★

1.50 AM **Chinatown** As 5.45pm.
4.05 **The Cinema List: British Sky Originals**
4.35 **to 6.40** AM **The China Syndrome** Suspense thriller starring Michael Douglas, Jane Fonda and Jack Lemmon. (1979, PG, 122min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.55 AM **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U, 47min) ★★★
7.50 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
9.30 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
11.00 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
12.55 PM **Barnyard** Animated comedy. (2006, PG, 90min) ★

2.30 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
4.00 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
5.40 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
7.35 **The Prince of Egypt** Animation. (1998, U, 99min) ★★★★
9.25 **Scooby-Doo! The Sword and the Scoob** Animated adventure. (2021, PG, 76min) ★★★
10.55 **The Inseparables** Animation. (2023, U, 90min) ★★★

12.35 AM **Teen Titans Go! to the Movies** Animated adventure. (2018, PG, 84min) ★★★
2.10 **Noah's Ark** (2024, U) ★★★
3.55 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
5.35 **to 7.25** AM **The Inventor** Animation. (2023, PG) ★★★

Movies 24

312 313 419

7.00 AM **Boyfriends of Christmas Past** Festive romantic drama. (2021, PG, 84min) ★★
9.00 **A Christmas Less Travelled** Drama. (2024, PG, 90min) ★★
11.00 **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★
1.00 PM **Season's Greetings from Cherry Lane** Festive drama sequel. (2024, PG, 84min) ★★

3.00 **12 Dares of Christmas** Festive drama. (2023, PG, 90min) ★★
5.00 **The Holiday Stocking** Festive fantasy. (2022, PG, 84min) ★★
7.00 **A Tale of Two Christmases** Romantic comedy with Katherine Barrell. (2022, PG, 84min) ★★
9.00 **Christmas on Call** Drama starring Sara Canning and Ser'Darius Blain. In the lead-up to Christmas, an emergency room doctor juggles her demanding job and a budding romance. (2024, PG, 90min) ★★

11.00 **#Xmas** Festive comedy. (2022, PG, 90min) ★★
1.00 AM **The Great Christmas Light Up** Comedy. (2023, PG) ★★
3.00 **to 5.00** AM **The Winter Palace** Drama. (2022, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Lone Wolf Strikes** Thriller. (1940, b/w, PG) ★★
7.20 **Vernon's Poolroom Routine**
7.55 **What a Whopper!** Comedy. (1961, b/w, U, 89min) ★★
9.40 **The Shipbuilders** Drama. (1943, b/w, PG, 92min) ★★★
11.15 **Portrait of Alison** Mystery. (1955, b/w, PG, 82min) ★★★
12.55 PM **The Affairs of a Rogue** Drama. (1948, PG, 111min) ★★★

2.45 **The Flemish Farm** War drama. (1943, b/w, PG, 82min) ★★
4.25 **Assignment Paris** Thriller. (1952, U, 85min) ★★★★
6.10 **The Thirty Nine Steps** Screen version of John Buchan's classic adventure with Robert Powell. (1978, PG, 102min) ★★★
8.15 **Look at Life**
8.25 **Strange But True**
9.05 **Doomwatch** 6/13. (S1)
10.10 **The Hunchback of Notre Dame** Gothic drama. (1976, PG, 100min) ★★★

12.25 AM **Remember My Name** Cult director Alan Rudolph's offbeat drama. (1978, 15, 96min) ★★★
2.25 **The Night Caller** Sci-fi thriller. (1965, b/w, 18, 82min) ★★
4.05 **The First Travelling Saleslady** Comedy Western. (1956, U) ★★
5.55 **to 6.00** AM **Cinebox Memories**

FRIDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
6.30 LIVE **The Open** Coverage of the second day of the Major staged at Royal Portrush Golf Club in County Antrim. Shane Lowry of Ireland moved into the lead at the halfway point last year, with the English duo of Dan Brown and Justin Rose two strokes behind, and eventual champion Xander Schauffele still a further four shots back. Meanwhile, five of the top 10 players in the world rankings failed to make the cut in Rory McIlroy, Ludvig Åberg, Wyndham Clark, Viktor Hovland and Bryson DeChambeau.
9.30 PM **Sky Sports News**
10.00 LIVE **PGA Tour Golf** Coverage of day two of the Barracuda Championship at Tahoe Mountain Club in Truckee, California, where USA's Nick Dunlap captured victory last season, beating American compatriot Vince Whaley by two points under the Modified Stableford scoring system. It was Dunlap's second victory on the tour and his first since turning professional.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** A 2003 match between Arsenal and Leeds United.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Ipswich Town v Nottingham Forest. **5.30** Ipswich Town v Southampton. **6.00** Highlights from Ipswich Town v Tottenham Hotspur. **6.30** Action from Ipswich Town v Wolverhampton Wanderers. **7.00** Leicester City v Aston Villa staged at King Power Stadium. **7.30** Highlights from Leicester City v Bournemouth.
8.00 **Gary Neville's Soccerbox**
9.00 **MNF: Wayne Rooney Special**
9.30 **MNF: Peter Schmeichel Special**
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Action from Manchester United v Tottenham Hotspur in the 2009 final.
11.00 **Best Scottish Premiership Goals 2021/22**
11.30 **SPFL** The 2014/15 season.
12.00 NOON **Retro League One** A chance to see Swindon Town v Sheffield United in the 2015 play-off semi-final second-leg.
2.00 PM **EFL Greatest Games**
4.00 **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
4.30 **EFL** A round-up of the best goals from the 2017/18 season.
5.00 **Henrik Larsson: 20 Years On** The former Celtic striker talks about his time at the club.
6.00 **Retro League One** Charlton Athletic v Sunderland in the 18/19 League One play-off final.
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Chelsea v Manchester City in the 2019 final.
11.00 **Best Goals: EFL Cup 2018/19**
11.30 **EFL Best Goals 2017/18**
12.00 M'T **EFL** The 12/13 play-off finals.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Women's One-Day International Cricket**
7.00 **Best of England v India**
7.30 **The Film Room: England v India**
8.00 **Women's One-Day International Cricket**
9.00 **Test Cricket** England v India.
2.00 PM **Women's One-Day International Cricket**
4.00 **Best of England v India**
4.30 **The Film Room: England v India**
5.00 **Women's One-Day International Cricket**
6.00 LIVE **Vitality T20 Blast Cricket** Coverage of a match from the final round of fixtures.
9.45 **Ashes Greats** Player profiles.
10.15 **Best of England v India** Action from the sixth ODI in the 2007 series between the sides. **10.45** The sole T20 in the 2014 series staged at Edgbaston. **11.15** England v India in the 2013 ICC Champions Trophy final.
11.45 **Best of ICC WT20**
12.15 AM **Best of England v India**
12.45 **Best of ICC WT20**
1.00 **Vitality T20 Blast Cricket**
4.45 **Best of ICC WT20**
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Chronicles of a Champion Golfer** Padraig Harrington.
6.30 LIVE **The Open** Day two of the Major staged at Royal Portrush Golf Club in County Antrim.
9.30 PM **Chronicles of a Champion Golfer** Padraig Harrington.
10.00 LIVE **PGA Tour Golf** Coverage of day two of the Barracuda Championship at Tahoe Mountain Club in Truckee, California.
1.00 AM **The Open** The second day.
2.00 **HotelPlanner Tour Golf**
2.30 **PGA Tour Champions Learning Centre** Golf tips and advice.
3.00 **PGA Tour Champions**
4.00 **The Open** The second day.
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM LIVE **ATP Tennis** Coverage of the quarter-finals of the ATP Los Cabos Open.
8.00 **ATP Tennis** Madrid Open final.
8.15 **WTA Tennis** Madrid Open.
8.30 LIVE **WTA & ATP Tennis** Coverage from the Tours, including the ATP Los Cabos Open, ATP Swedish Open, ATP Swiss Open Gstaad, WTA Iasi Open, and WTA Hamburg Open.
7.30 PM **ATP Tour This Week**
8.00 **WTA & ATP Tennis** A review of the Internazionali BNL d'Italia.
10.30 **WTA Tennis** From Germany.
12.30 AM **ATP Tour This Week**
1.00 **ATP 2024 Best of Jack Draper**
1.15 **Bitesize Tennis** Highlights.
2.00 **WTA Tennis** Recent action.
3.30 **to 6.00** AM LIVE **ATP Tennis** Coverage of the semi-finals of the ATP Los Cabos Open in Mexico.

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 **Classic Premier League**
9.00 **Fishing: On the Bank**
10.00 **Premier League Stories**
10.30 **Tour de France Highlights**
11.30 LIVE **Tour de France** Coverage of stage 13 of the men's race, a 10.9km individual time-trial from Loudenvielle to Peyragudes.
5.00 PM **Race Bikes** Steve Peat.
5.30 **TNT Sports Reload**
5.45 **Superbike Rewind**
6.00 **MotoGP** Grand Prix of Czechia.
6.30 **MLB: Off the Bat**
7.00 LIVE **MLB Chicago Cubs v Boston Red Sox.** Coverage of the inter-league match from Wrigley Field. Start-time **7.20pm**.
10.15 **MLB Plays of the Week**
10.45 **MLB Classic** All-Star 1987.
11.30 **MLB: Off the Bat**
12.00 M'T LIVE **MLB New York Mets v Cincinnati Reds.** Coverage of the National League match from Citi Field. Start-time **12.10am**.
3.15 AM **Fight Week** UFC 318.
4.00 **to 7.00** AM LIVE **AFL Hawthorn Hawks v Port Adelaide Power.** Coverage from UTAS Stadium in Launceston, Tasmania. Bounce-up **4.20am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **Superbike World Championship Highlights**
7.00 **MotoGP Highlights**
8.00 LIVE **MotoGP** The Grand Prix of Czechia MotoGP, Moto2 and Moto3 first free practice sessions.
10.45 **MotoGP Rewind**
12.15 PM LIVE **MotoGP** Coverage of the Grand Prix of Czechia MotoGP, Moto2 and Moto3 first practice sessions ahead of the 12th round of the season at Automotodrom Brno in Czechia.
3.15 **Superbike Rewind**
3.30 **Sign Up – Into Football**
4.30 **T20 Cricket Highlights**
5.30 **Premier League Stories**
6.00 **V8 Supercars Highlights**
8.00 **Tour de France Highlights**
9.00 **FIA World Endurance Championship Highlights**
10.00 **World Rally Championship**
10.30 **Ultimate Pool** Pairs Cup.
12.00 M'T **Superbike World Championship Highlights**
1.00 AM **MotoGP** From Czechia.
1.30 **AFL** Lions v Bulldogs.
3.00 **to 6.00** AM LIVE **MLB Seattle Mariners v Houston Astros.** Coverage of the American League West match. Start-time **3.10am**.

Sky Sports The Lions

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
7.00 **Lions Legends** Profiles.
7.30 **British and Irish Lions Tour**
8.30 **Lions Legends** Player profiles.
9.00 **British and Irish Lions Tour**
10.00 **Lions Legends** Welsh backs.
10.30 **British and Irish Lions Tour**
11.30 **Lions Legends** Player profiles.
12.00 NOON **British and Irish Lions Tour** Action from recent games.
3.00 PM **Lions Legends** Welsh backs.
3.30 **British and Irish Lions Tour**
4.30 **Lions Legends** Profiles.
5.00 **British and Irish Lions Tour**
6.00 **Lions Legends** Player profiles.
6.30 **British and Irish Lions Tour**
7.30 **Lions Legends** Ex-British & Irish Lions player Willie John McBride. **7.45** With former British & Irish Lions coach Ian McGeechan.
8.00 **British and Irish Lions Tour** Highlights from Western Force v British & Irish Lions in the warm-up game at Optus Stadium. **9.00** Action from Brumbies v British & Irish Lions in Canberra.
10.00 **Rugby Heaven: On the Road**
11.00 **Lions Tour 2021: Two Sides**
2.15 AM **Lions Legends**
2.30 **British and Irish Lions Tour**
4.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **Good Morning Sports Fans**
8.30 LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the ATP Los Cabos Open at Cabo Sports Complex in Mexico, ATP Swedish Open at Båstad Tennis Stadium, ATP Swiss Open Gstaad at Roy Emerson Arena, WTA Iasi Open from Baza Sportiva Ciric, and WTA Hamburg Open staged at Am Rothenbaum.
7.00 PM **Sky Sports News**
7.55 LIVE **Super League Huddersfield Giants v Wakefield Trinity.** Coverage of the top-flight match from the 19th round of fixtures at John Smith's Stadium. This is the first league meeting of the campaign between these teams, but they did face each other in a Challenge Cup contest back in March, and on that occasion Trinity claimed a 22-12 victory. Kick-off **8.00pm**.
10.00 **Sky Sports News**
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News**
12.00 M'T **to 6.00** AM **EFL Cup Highlights**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Super League** A match replay.
9.45 **My Icon** Sporting influences.
10.00 **PGA Tour Champions**
11.00 **Women's One-Day International Cricket**
12.00 NOON **Vitality T20 Blast Cricket**
3.45 PM **My Icon** Chris Powell.
4.00 **Best of England v India**
4.30 **Super League** A match replay.
7.15 **Best of England v India**
7.45 **Women's One-Day International Cricket**
8.45 **My Icon** Dan Bethell.
9.00 **Best of England v India**
9.30 **One Championship Weekly**
10.00 **PGA Tour Champions**
11.00 **Women's One-Day International Cricket**
11.55 **Super League Highlights**
1.00 AM **The Open** The second day.
3.00 **EFL Greatest Games**
3.45 LIVE **NRLW Canberra Raiders v Parramatta Eels.** The match at GIO Stadium. Kick-off **3.45am**.
5.30 **to 6.00** AM **Super League**

TNT Sports 3

413 415 523 410 432

6.00 AM **Highlights**
7.00 LIVE **World Rally Championship** Rally Estonia.
9.00 **Highlights**
9.45 LIVE **World Rally Championship** Rally Estonia.
11.30 **SailGP – Racing on the Edge**
12.00 NOON **TNT Sports Reload**
12.30 PM **FIA World Endurance**
1.30 LIVE **World Rally Championship** Rally Estonia.
2.30 **British Speedway**
3.30 **TNT Sports Reload**
4.00 LIVE **World Rally Championship** Rally Estonia.
5.00 **MotoGP Rewind**
5.15 LIVE **World Rally Championship** Rally Estonia.
6.00 **Cricket Highlights**
9.00 **IFSC Climbing World Cup**
10.00 **UFC** Highlights and features.
12.15 AM **TNT Sports Reload**
12.30 **Tour de France Highlights**
1.30 **SailGP – Racing on the Edge**
2.00 **to 6.00** AM **Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Ultimate Pool**
7.30 **IFSC Climbing World Cup**
8.30 **UEFA Champions League**
9.00 **AFL** Bombers v Giants.
10.30 LIVE **AFL Brisbane Lions v Western Bulldogs.** From Brisbane. Bounce-up **10.40am**.
1.30 PM **TNT Sports Cricket Reload**
2.00 **MLB Plays of the Week**
2.30 **MLB: Off the Bat**
3.00 **MLB** The All Star Game.
6.00 LIVE **Summer World University Games** Day two of the swimming competition.
8.00 **AFL** Lions v Bulldogs.
9.30 **UEFA Champions League**
10.00 **WNBA** Recent highlights.
12.00 M'T **World Rally Championship**
12.30 AM **V8 Supercars Highlights**
2.30 **MotoGP** Grand Prix of Czechia.
3.00 **World Rally Championship**
3.30 **IFSC Climbing World Cup**
4.30 **UFC Countdown** UFC 318.
5.30 **to 6.00** AM **World Rally Championship**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **LaLiga Specials**
8.00 **NASCAR Highlights**
9.00 **Euro Le Mans Highlights**
10.00 **World Surf League**
11.00 **Scottish Rally Championship**
11.30 **Michelin Le Mans Cup**
12.00 NOON **DTM Highlights**
1.00 PM **Transworld Sport** Magazine.
2.00 **PSA Squash Highlights**
3.00 **FIM Sidecarcross** From Lommel.
4.00 **LaLiga Specials**
5.00 **Scottish Rally Championship**
5.30 **Trail Menorca** Recent action.
6.00 **LaLiga Specials** Top saves.
6.30 **NASCAR Highlights**
7.30 **Motorsport** Valentino Rossi.
8.00 **UK Independent Kart Racing**
9.30 **Football's Greatest**
10.00 **Euro Le Mans Highlights**
11.00 **World Surf League**
12.00 **Scottish Rally Championship**
12.30 AM **Ultimate Karting**
3.30 **DTM Highlights** From Norisring.
4.30 **to 6.00** AM **Kart Racing**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **Football's Greatest**
9.00 LIVE **International Rugby Union Samoa v Scotland.** Coverage of the one-off Test staged at Eden Park in Auckland, New Zealand. Kick-off **9.05am**.
11.00 **Temples of Sport**
12.00 NOON **Scottish Cup Football** Aberdeen v Celtic in the final.
3.00 PM **NASCAR Xfinity Series** Action from the Pit Boss/FoodMaxx 250 at Sonoma Raceway.
6.00 **FastZone** Motorsport highlights.
6.30 **Bike World** Magazine.
7.00 **Football's Greatest**
8.00 **International Rugby Union** A replay of Samoa v Scotland.
10.00 **Temples of Sport** Iconic sporting venues from around the globe.
10.30 **Football's Greatest**
11.00 **Top 14 Rugby Union** Toulouse Bordeaux Bègles in the final.
1.30 **to 6.00** AM **Major League Cricket**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **British GT Championship**
9.05 **F1 Feature**
9.10 **Formula 1** Season highlights.
9.30 **Indycar** From Iowa Speedway.
11.30 **Indy NXT** From Newton, Iowa.
12.30 PM **Ginetta Juniors Highlights**
4.30 **Formula 1** British Grand Prix.
5.30 **Ted's Notebook**
6.00 **Indycar** From Iowa Speedway.
8.00 LIVE **Indycar** Coverage of the Ontario Honda Dealers Indy Toronto first practice session.
9.30 **Formula 1** British Grand Prix.
10.30 **Ted's Notebook**
11.00 **Indycar** The Synk 275. **12.00** M'T Farm to Finish 275.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

milkshake! Kangaroo Beach

NEW

Sat & Sun, 8.15am, Milkshake! on 5

The Aussie rescue squad are back for brand new adventures and there's an additional member of the Kangaroo Beach crew – Spyke the prickly echidna (left) joins the team as a cadet, and her ability to roll into a ball and speed along the sand makes her a valuable asset! However, her first day of training doesn't quite go according to plan...

tv+ Snoopy Presents: A Summer Musical

From Friday, Apple TV+

The first Peanuts musical for 35 years sees Charlie Brown, Snoopy and the rest of the gang in fine voice as they set off for some summer camp adventures.

It's Charlie Brown's last year at camp so he is determined to make some special memories – even more so when the gang learn that the camp is in danger of shutting down forever. Could a treasure map found by Snoopy and Woodstock help save the day?

More great shows to watch this week...

The Famous Five

Available now, BBC iPlayer

With the school year coming to an end, nothing conjures up the feeling of a glorious summer more than a rewatch of Enid Blyton's classic adventure series – accompanied, of course, by lashings of ginger beer.

Young Sheldon

Available now, Disney+ & Netflix

Iain Armitage, who plays the young Sheldon Cooper in *The Big Bang Theory* spin-off prequel, turns 17 on 15 July. All seven series of *Young Sheldon* are available to stream now. Many happy returns Iain!

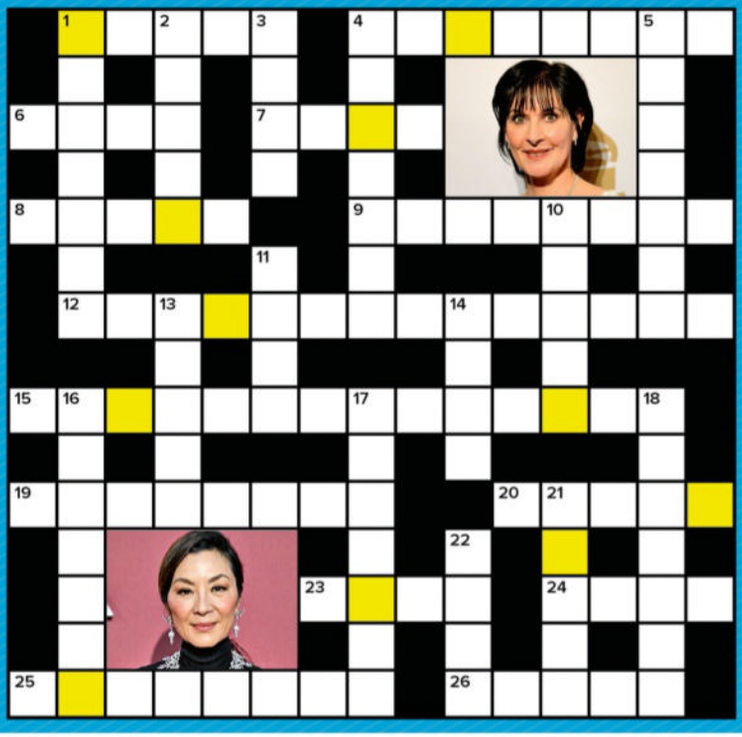
DC League of Super-Pets

Available now, Netflix

The new *Superman* movie in cinemas features the hero's canine companion Krypto – who also appears in this 2022 animation.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a retired American actor (5,6). Answers at the bottom of the page – no cheating!



ACROSS

1 Connie Booth's role in classic 1970s BBC sitcom *Fawlty Towers* (5)
4 Mark --------, 2012's *Ted* and 2023's *The Family Plan* actor (8)
6 Queen played by Olivia Colman in 2019 drama *The Favourite* (4)
7 1993 Shirley MacLaine and Kathy Bates romcom, ---- *People* (4)
8 *Nine Perfect Strangers* and *Love My Way* actor, ----- Keddie (5)
9 Actor in crime drama *Without a Trace*, Anthony -------- (8)
12 1985 hit by Prince (9,5)
15 Fictional setting for *Noel's House Party* (8,6)
19 Baroness Joan --------, TV and radio presenter (8)
20 Aaron Paul action film from 2014, *Need for* ----- (5)
23 See picture clue: Irish singer of 1988 hit *Orinoco Flow* (4)
24 ---- Ephron, late American filmmaker and writer (4)
25 -------- Weir, star of comedy series *Two Doors Down*, *Posh Nosh* and *The Fast Show* (8)
26 US medical drama starring Hugh Laurie and Robert Sean Leonard (5)

DOWN

1 Balvinder Sopal's role in *EastEnders*, Suki ------- (7)
2 Composer of the songs in 1964's *My Fair Lady*, Frederick ----- (5)
3 *In* ---- *Eyes*, song from 1986 by rock star Peter Gabriel (4)
4 Nicola -------, actor who plays Nicola King in ITV1 soap *Emmerdale* (7)
5 1960s Western series that starred Clint Eastwood (7)
10 Jo -----, ex-glamour model and media personality (5)
11 ---- Tesfaye, Canadian musician better known as The Weeknd (4)
13 1999 movie starring Bruce Willis, *The Sixth* ----- (5)
14 See picture clue: Star of 1997 Bond film *Tomorrow Never Dies*, Michelle ---- (4)
16 *Jack* -------, 2012 action film starring Tom Cruise (7)
17 American gospel singer and actor, ------- Adams (7)
18 2017 biopic with Shia LaBeouf and Sverrir Gudnason, *Borg Vs* ------- (7)
21 Kids' stop-motion series about a penguin (5)
22 Aussie comedy starring Jane Turner and Gina Riley, ---- *& Kim* (4)

CROSSWORD SOLUTION

ACROSS: 1 Polly 4 Wahlberg 6 Anne 7 Used 8 Asher 9 LaPaglia 12 Raspberry Beret 15 Crinkley Bottom 19 Bakewell 20 Speed 23 Enya 24 Nora 25 Arabella 26 House
DOWN: 1 Panesar 2 Loewe 3 Your 4 Wheeler 5 Rawhide 10 Guest 11 Abel 13 Sense 14 Yeoh 16 Reacher 17 Yolanda 18 McEnroe 21 Pingu 22 Kath

We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

Recycle

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, MILKSHAKE! ON 5, APPLE TV+.

Coming soon

Stuart Martin as Cormac

Katherine Kelly stars in a thriller about a flight attendant who comes under pressure

Katherine Kelly as Jo

In Flight

FIRST LOOK

A single mother has to use her job working for an airline to try to save her imprisoned child's life in C4's upcoming crime drama *In Flight*.

The six-part series, airing later this year, centres on flight attendant Jo Conran (Katherine Kelly), whose son Sonny (Harry Cadby) is serving 15 years in a Bulgarian jail for a murder he claims he did not commit. But when Jo is approached by a criminal gang, they demand that in order to keep Sonny alive, she must smuggle drugs for them during her flights across the globe.

As she becomes increasingly drawn into a dangerous underworld full of ruthless gangsters and corrupt cops, can she escape and ensure her family's safety?

BUCKLE UP

Ashley Thomas co-stars as her customs-officer ex, Dom, who she asks for assistance, while Stuart Martin is Cormac, a leading figure within the gang. Bronagh Waugh, Corinna Brown and Ambreen Razia also appear.

'I'm really excited to be taking on the role of Jo and I can't wait to tell her compelling story,' says Kelly, recently seen in ITV1 police drama *Protection*.

'*In Flight* is our spin on the noir genre, a high-stakes, stylish, romantic thriller with iconic characters and nerve-shredding action,' add the show's writers Mike Walden and Adam Randall. 'Jo is a character close to our hearts. She is an ordinary woman facing extraordinary odds.'

Ashley Thomas plays Dom

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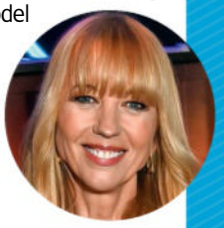
WHAT'S NEXT FOR...

Romola Garai

The actor will appear in ITV1's four-part thriller **Betrayal** as the partner of a struggling MI5 operative (Shaun Evans), whose relationship is threatened by the secrets involved in his work. Zahra Ahmadi co-stars.

Sara Cox

The presenter will host BBC1's **The Marvellous Miniatures Workshop**, as professional model makers create tiny versions of treasured family memories and key events from the past for members of the public.



Guz Khan

Quest's eight-part factual series **Guz Khan's Custom Cars** will follow the actor and comic as he tries to modify his car and takes inspiration from a variety of owners who let him test-drive their own offbeat vehicles.

Coming Back

More4's travelogue **Perfect Pub Walks** is returning for a second run. Alexander Armstrong will be replacing Bill Bailey as host for rural rambles with Sir Lenny Henry, James May (pictured with Armstrong), Chris McCausland and Chris Packham.

Next week

On sale Tuesday 15 July

The Assassin

Freddie Highmore and Keeley Hawes star in Prime Video's thriller about an ex-hitwoman.

The Narrow Road to the Deep North

Jacob Elordi stars as a haunted young doctor in BBC1's drama.

Karen Pirie

A new run of ITV1's whodunnit sees the cop (Lauren Lyle) taking on a cold case from the 1980s.

Mr. Bigstuff

As Sky's comedy returns, Lee (Danny Dyer) and Glen (Ryan Sampson) face fresh chaos.

WORDS: CAREN CLARK. PHOTOS: BBC, C4, GETTY, ITV, PRIME VIDEO, SHUTTERSTOCK, SKY

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